

## *Lesson Plan #21*

### *Objective of the week: The Slide*

This week's objective is an individual technique used by all players at a higher level: the slide. Most of a game's highlights usually include the use of the slide as you can see on this following video on youtube. There is a slide compilation between 1:55 and 3:30.

Name of the video: kin-ball senior AAA 2010-2011.m4v

Link: <https://www.youtube.com/watch?v=BEJVYx1S-eA>

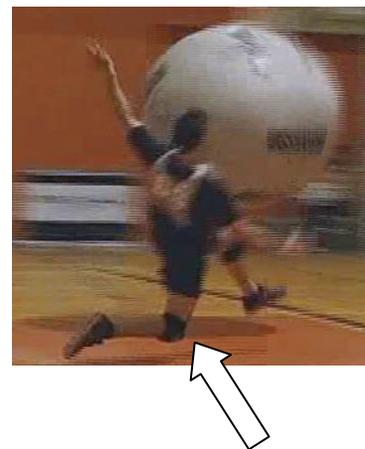
This technique is used by the players to recover a ball that is too low for them to use the regular kicking skill or to control the ball with their hands.

In order to get your participants to realise this skill here are the technical key points.

A slide is usually realised in four steps:

#### **1- Lower center of gravity**

By bending the knees, the player will lower his center of gravity.



### **2- Hand on the floor**

By putting the hand on the floor, the player will slow his fall to the floor and by pushing with this hand on the floor will transfer the falling energy to sliding energy allowing him to slide on a longer distance.



### **3- Sliding on the bottom**

The contact surface with the ground must be the side of the thigh or the buttock. The first time you will practice with your participants, they will have a tendency of sliding on the side of their knee or the front of their leg. That's why we suggest the use of kneepads.



### **4- Kicking or controlling the ball with the leg**

At this time, the player is in contact with the ball. The objective is to use the leg (same way as kicking skill seen in Newsletter #2 while sliding) to keep the ball in the air. The leg can be used to kick the ball and keep it in the court or it can be used to catch the ball and take control of it. You can actually see these two kinds of slides in the video.

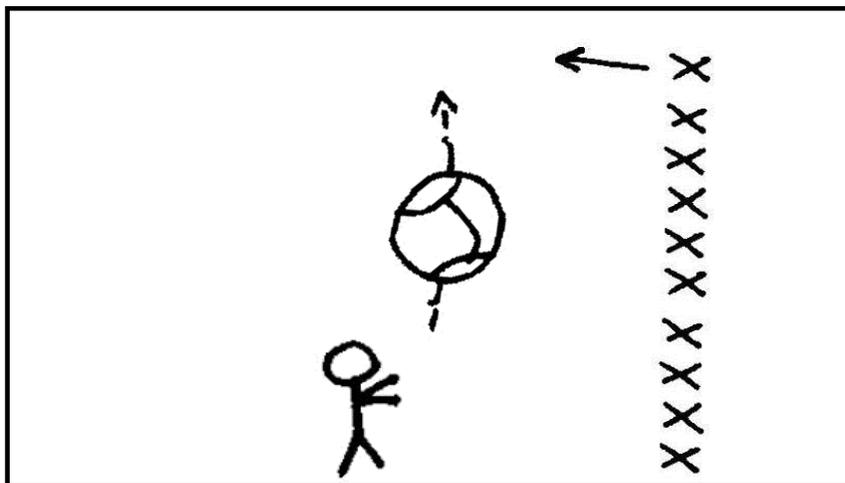


In order to have you participants master this skill we suggest that you have them practice without the balls first so they can get familiar with the 4 steps and then use the following educational exercise.

### Educational exercise:

All the players are lined up like on the image.

The coach will then throw a low ball in front of the first player in the line. This player will have to slide and kick the ball to keep it in the air and in the court. This player then goes to the back of the line once he has brought the ball back to the coach.



Repeat the exercise as many times as you feel is needed.

*Note for the coach:*

At first the throws you will make will probably be too easy or too hard to catch. Don't worry; the appropriate throws will come as you practice. You can also get closer to the place where the participants are going to touch the ball to shorten the length of your throws which will make it easier.

### Modified game:

In order to encourage your participants to use the skill during game time, you can proceed with the following modified game.

Every time a player in defense will try to catch a ball using the slide, his team will get an extra point. We suggest that you give the extra point no matter if the ball is caught or not. By proceeding this way, your participants will be encouraged to use the slide and will be able to realise on what type of throw it is appropriate to use this technique and for which it isn't.

It is not mandatory to execute a slide when catching the ball but if a player tries one; his team gets an extra point.

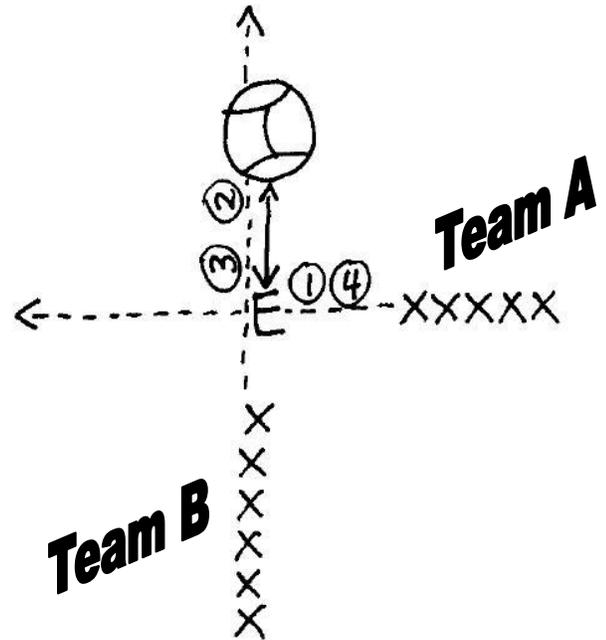
By proceeding this way, the team that executes this skill the most often will get more points and will be more involved in the game than the other teams.

To avoid always having the same team attacked over and over, you must make sure that the teams are balanced and you could also reset the score every two minutes.

## Game of the week

### The Meteor Shower

The coach is in the middle of the gym. The group is split into two teams placed in lines as shown on the image. The ball is a meteor falling and bouncing on the earth. To avoid it the players will have to slide under it while it is in the air and make sure they don't touch it. The coach throws the ball in the air as high as possible and after the first bounce, the first player of team A must pass under it and get to safety on the other side. After the second bounce a player of the B team has to do the same. For the third bounce it then is the turn of a player of the A team. The game keeps going like this until the ball is not bouncing high enough and the player who has to try has no choice but to catch it. Each time you start a new game, make sure you switch the order of Teams A and B and the order of the players.



### Safety tips:

*To avoid accidents make sure that you mention clearly which team will start and which one is the second.*

Thank you very much for your interest in the sport, please contact us for any question.

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