

## *Lesson Plan #25*

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

This lesson plan's objective is a tactic used at offense to surprise other teams. In order to execute correctly the switch, you will need to review the *Lesson Plan #3* (two person ball control) as well as the *Lesson Plan #17* (corridor's orientation).

You might have noticed during the course of the game that since your players have started to use the corridor instead of the tripod, the direction of the hits is most of the time determined by the axis of the cell. Consequently, the teams in defence will, most of the time, get positioned according on how the corridor is oriented.

In order to surprise them and give the hitter the best chances to score, this lesson plan's objective is all about switching the axis of the cell at the last second before the hit is executed.

#### *Technical key points:*

##### *The timing:*

To surprise the teams in defense, timing is very important. If the switch is executed too early, the defensive teams will have the time to adapt their positioning to the new orientation of the corridor. For that reason, we suggest that the switch be executed after the designation is completed and a maximum of 2 seconds before the hit is done.

##### *The execution:*

To execute an effective switch and to avoid minor injuries, the way the switch is done must be clarified. To execute a good switch, both players must turn simultaneously in the same direction while using a good ball control technique and make sure they reposition their hands properly under the ball and bring their heads down.

##### *The feint:*

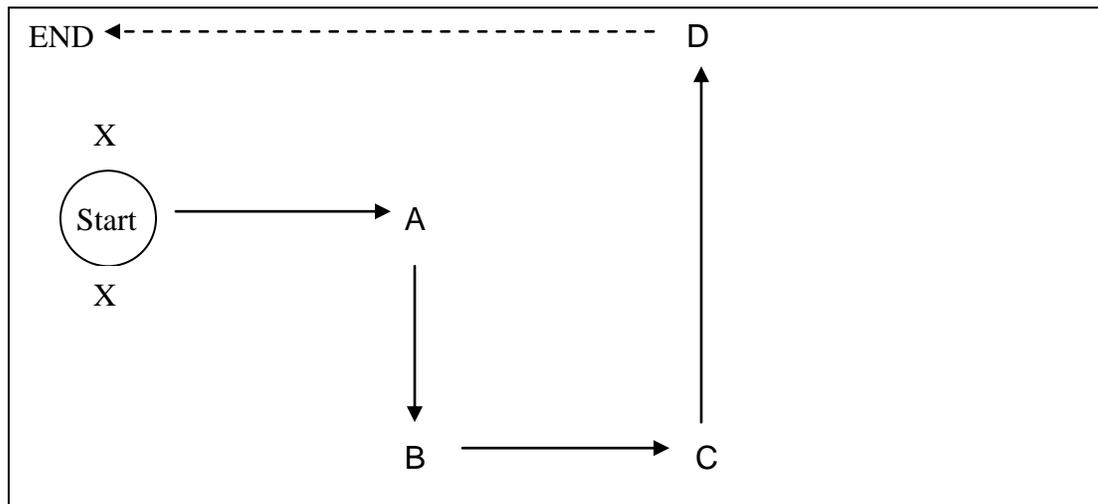
This strategy is very good when used in combination with the 2 player ball approach offensive (*Lesson Plan #23*) using the 90° version. By doing so, it will be clear that the player hitting the ball will be the one positioned in the axis of the cell once the switch has been completed.

Precaution:

As switching the axis of the corridor might mean to orientate it so the hitter will hit in the middle of the court, the players of the team who are executing it must keep in mind that they may be victims of an extended hit if the designated team is not surprised by the strategy. It means that they must be ready to run back in their corners in order to avoid being beat by speed. Most of the time, the switch is executed from the middle of the court that is why we suggest that the players bring the ball back to middle of the court during the modified game.

Educative exercise:

In order to have your participants become better at using the switch, we suggest that you use a circuit as described below.



When the circuit starts the two players holding the ball using the two person ball control technique will run sideways until they get to letter A (you can use a pinnie or a flat cone to identify this place).

As they get to letter A they will do the following:

- 1<sup>st</sup> Put a knee on the floor to take the individual ball holding position.
- 2<sup>nd</sup> Get up and place their hands in proper position for two person ball control.
- 3<sup>rd</sup> Turn 90° to their right (could be left as long as it's the same for everyone).
- 4<sup>th</sup> Put a knee on the floor to take the individual ball holding position.
- 5<sup>th</sup> Get up and place their hands in proper position for two person ball control.
- 6<sup>th</sup> Run sideways until they arrive at the letter B.
- 7<sup>th</sup> Repeat step 1 to 6 for every other letter.

Note: *This exercise could be used as a warm up for all subsequent training session that you have since it works on many different motor skills, cooperation and coordination.*

### **Modified games:**

In order to encourage your participants to use the skill during game time, you can proceed with two different modified ways of playing the sport.

The **first** one would be to give a bonus point to a team each time the first two players touching the ball in defence establish a “two person ball control”, bring the ball back to the middle of the court and execute a switch. It is not mandatory to bring the ball to the middle of the court and execute the switch but if they do so they get an extra point. As your participants get better you can then become more severe by requesting the switch to be executed after the designation and no more than two seconds before the hit is done. If your players are getting it you can then add the 2 player offense approach which they will have to execute in order to get the extra point.

By playing this way, the team that executes this skill the most will get more points and will be more involved in the game than the other teams. If you are using this game, to avoid always having the same team attacked over and over, you must make sure that the teams are balanced and you could reset the score every two minutes.

INTERNATIONAL



KIN-BALL' SPORT  
FEDERATION



This modified game is more efficient for younger participants (elementary schools).

The **second** modified consists in requesting your participants to bring the ball to the middle of the court using the two person ball control and execute a switch every time they catch the ball. If they don't respect the rule, you will give them a fault for illegal offense. As your participants get better you can then become more severe by requesting the switch to be executed after the designation and no more than two seconds before the hit is done. If your players are getting it you can then add the 2 player offense approach to give them more challenge.

In order to make the play more efficient, make sure that your teams are balanced.

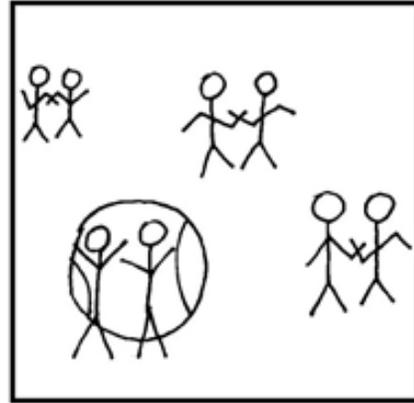
This modified game is more efficient for older participants (middle and high schools).

**REMINDER:** You should not use modified games for the entire playing time. You should use this modified rule for a maximum of 10 minutes if your activity lasts one hour.

## Game of the week

### The Cat Game

This is a game of tag in which the players are paired up and must always hold hands. One of the pairs is designated as being the cat team and all the other pairs are mice. Using the ball they must touch another pair. When they do touch another pair, the pair that was touched becomes the cat team and the ones who touched them must then run away. If you see that the cat team has too much difficulty touching another pair, you could allow them not to hold hands.



This game emphasizes the team concept.

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

Pierre-Julien Hamel  
General Manager IKBF  
+1-514-252-3210  
[info@kin-ball.com](mailto:info@kin-ball.com)