

Lesson Plan #26

Objective of the week: The drop

This lesson plan's objective is designed to teach you the most common hitting technique used by players of all levels: "the drop". You might have noticed that your stronger participants are not able to score because their hits tend to float in the air or ending up out of bounds because of a lack of control. In fact, it is possible to hit the ball in such way that a spin will be imparted to the ball. The spin we are seeing this week is the most commonly used by Kin-Ball players and is called the drop because a ball hit with a horizontal trajectory will suddenly fall.

Whenever you watch a tennis game you can easily notice how the players are finishing their hitting motion in order to put spin in the ball. The way of executing the drop is very similar to that. Before we explain the different technical key points, we would like to invite you to refer to Lesson Plan #4 (hitting the ball horizontally) and Lesson Plan #11 (hitting in free spaces).

Technical key points:

The hitting motion:

In order to execute correctly the drop hit, the motion of the arms is important and even if it's possible to execute it with both the one arm and baseball hitting techniques, we suggest you first use the baseball technique.

Before the impact:

The arms are straight and the hands are at the level of the shoulders of the hitter. The motion of the arms is horizontal and when at the moment of the impact, the hands of the hitter are directly in front of him.



During the impact:

The motion of the arms must go from a horizontal motion to a vertical motion and the contact with the ball has to be right at the center of it.



After the impact:

The arms must go up in the air as high as possible over the head. If you look once again at the motion of a tennis player, you will notice that the racquet ends up over the head of the player. This is the same motion that you want your players to have when they finish their hits.



The result:

If the drop is executed correctly, you will easily be able to notice the particular trajectory of the ball which is going to be horizontal at first but that will end with the ball dropping to the ground.

In order to get your participants to understand this motion we suggest that you have them practice the motion in the air, slowly at first and then faster and faster until they get it. Make sure you put the emphasis on the first part that is horizontal and then the second part that is vertical because some participants will have a tendency of going from a baseball swing to a golf swing which will not produce the same result at all.

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 a player executes a drop whether he scores or not. At this moment, some players will probably have trouble hitting the ball with a flat trajectory because it's not easy to integrate the change of direction in the motion of the arms.

After playing this way for a couple of minutes, you can then put more emphasis on one of the technical key points such as the horizontal trajectory of the hit, the place where the hands end up or the spin in the hit.

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.

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

For the **second** modified game you will request of your participants that they use the drop hit every time they hit. As they will have to hit the ball with a flat trajectory every time, the objective of Lesson Plan #11 will be useful in order to score points. You can adapt the level of severity to the skills of the player and allow the ball to have an upward angle for the first hits and bring your participants to eventually perform only horizontal hits.

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 Amputation Tag

This game requires that you divide your players into three teams. The coach will be “It” and will chase the players and try to touch them with the ball. Once they have been touched by the ball, the players lose a limb. The first time they are touched they will have to put one arm behind their back, the second time they will have to put the other arm behind their back, the third time they will have to get on one leg and the fourth time they are eliminated. The team that has the last player alive wins the game.

This game emphasizes the team concept.

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

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