



GROUP INITIATION

Objective :

Be able to direct a group of beginning or experienced players through a sport KIN-BALL® initiation no matter how old they are.

Description :

1. Divide the group in three teams:

Three teams of equal number of players to which you'll give pinnies.

2. Explain the objective of the game:

- Number of teams.
- Court's limits.
- Designation.
- How to hit.

3. Explain the individual and collective offensive position:

- Individual : arms, head, legs.
- Collective : triangle around and under the ball.

4. Explain the defensive positioning:

- Give numbers to each player from 1 to 4 and add the letter A or B to create the A and B cells.
- Players of the teams : in square, at 3-4 meters around the ball.
- Practice the defensive square displacement while holding the ball.

5. Hit Simulation :

The coach will hold the ball by the opening as it is hit. As soon as they have understood how it works, let the players play by themselves.

6. Changes :

After playing 3-4 minutes, make a player change

7. Re-execute step #5 with the new players.

8. Regular game as you explain rules that were not explained yet.

N.B - *Soft refereeing.*

- Make sure you execute changes correctly in order to have everyone playing.