



# KIN-BALL® Skills and Drills

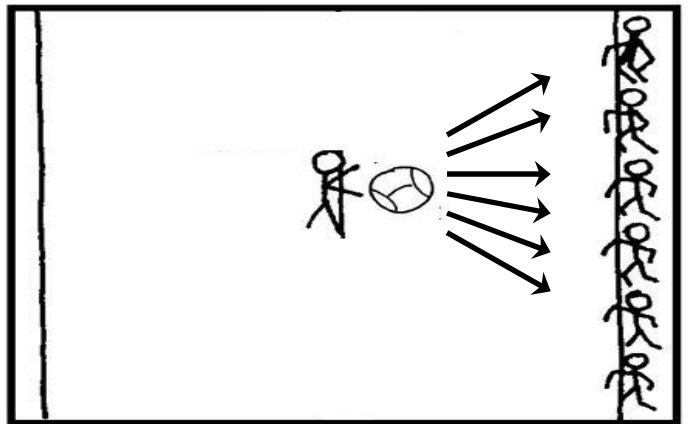
This brand new workshop is designed for physical education teachers who already know how to play KIN-BALL®. Here are a few skills you can teach your students. Each skill can be taught with an educative exercise/drill. And while playing KIN-BALL® you can also proceed with a modified game. The first way is to modify a rule so that the players are rewarded a bonus point when executing a skill. The second way is to signal a fault to the team when a player or the team does not use the skill.

## **Kicking skill**

In defence, a player can use any part of his/her body to catch the ball. Knowing this, the foot can be quite useful for keeping the ball from touching the ground.

### Educational exercise:

Place all your participants on a line facing you as shown on the image. Throw the ball to each one of your participants and ask them to lift it by kicking it so they can experience the feeling of kicking a ball. To kick the ball, the participants must point their toes toward the ground, make a rapid extension of the leg under the ball and the contact with the ball is made from the toes to the knee. They must kick the ball in such a way as to have it rise over their head so they can control it.



### Modified games:

The **first** one would be to give a bonus point to a team each time their first contact in defence is done using the foot. 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. To avoid always having the same team attacked over and over, you have to make sure that the teams are balanced and you could also reset the score every two minutes. This modified game is more efficient for younger participants (elementary schools).

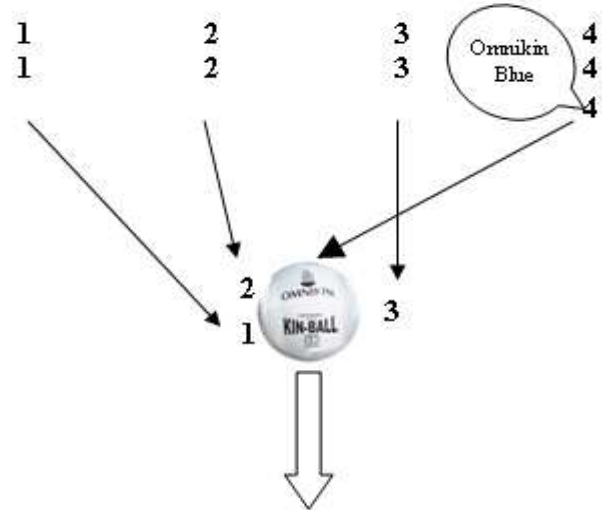
The **second** modified game consists in forbidding the players to use their hands to make the first contact when in defence. If they use their hands you could give them a fault for “illegal defence”. In order for this way of playing to function well, make sure once again that your teams are balanced. This modified game is more efficient for older participants (middle and high schools).



Speed is one of the most effective offensive strategies of KIN-BALL<sup>®</sup>. The idea is to surprise the other teams by “freezing” the ball where it is caught and to quickly make the hit.

Educational exercise:

Place all your participants in four lines. Throw the ball between line #2 and #3 and these two players must catch and hold the ball. Player from line #1 comes under the ball as the third contact and player from line #4 must make a designation and hit the ball. All of these steps must be done with speed.



Modified games:

1. Give a bonus point to a team each time they are able to hit the ball within 5 seconds following the first contact with the ball in defence. The teacher can make a loud countdown starting at the moment that the first player touches the ball.
2. The teacher makes a loud countdown of five seconds and when a team takes more than five seconds, the teacher will signal a fault for “time fault”. You can adjust the speed of the countdown to the level of the participants.

**Two person ball control**

Another strategy is to bring the ball back to the center of the gym. By doing so, the hitter has many more angles to hit towards to than near a corner or the wall in the gym.

Educational exercise:

Relay race: All the participants are paired up 2 by 2 at one end of the gym. While controlling the ball, each pair must run sideways to the other side of the gym, put one knee on the floor, stand up and come back to the starting point and hand the ball off to the next pair. To have a good control, the participants must be face to face and the ball must be between them. The participants should not see each other and both should gently push on the ball.

Modified games:

1. Give a bonus point to a team if the first two players that have touched the ball in defence establish a two person ball control and bring the ball back to the center of the court.
2. Ask the teams to bring the ball back to the center. If they don't, give them a fault.