



## ***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.