

# Kin-Ball Skill Drills

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Kin-Ball is a great non-traditional game for middle and high school students. The only equipment needed is an official 40" or 48" Kin-Ball. For more information go to [www.omnikin.com](http://www.omnikin.com).

**Railroad Pass** - The activity format is two equal lines facing each other about 4' apart. Have the students arrange themselves tallest to shortest starting at the back of the line. Put the Kin-Ball at one end of the lines and have the participants move the ball overhead from one end of the tracks to the other. The objective is to get a feel for the ball and how to control it with the fingers and hands. Even more challenging is to have the participants reverse the direction of the ball when they hear the whistle. The advanced skill is to move the ball continuously down the track and as it passes the participants, they rotate to the front of the tracks and must be in a position to keep the ball moving past a designated finish line....or have the ball touch the wall and then reverse and return to starting line. If the ball touches the ground, the group must go back to the starting line. Time the activity and have class/grade level/school records to challenge the students. If you have two balls, you can have races.

**Offensive Positions and Striking** - set-up teams of 4, with two teams facing each other 15-20 feet apart; offensive team sets the triangle (tee-up with setters) with a striker > **make sure the setters have an underhand position** supporting the ball with their heads down toward the floor to prevent injury; defensive team has one "receiver" out front to make the initial contact with the ball; striker calls "Omnikin, black (color of other team pinnie) **and contacts the ball with the back of the forearm (hands clasped in a clap position)**"; receiver controls the ball before it hits the ground and the rest of the team join in to tee-up the ball for the next strike; teams strike the ball back and forth, rotating strikers and receivers

**Circle Kicking** - Kicking is an advanced skill that can be used in playing the game. Put participants (no more than 12) in a circle and have them practice kicking the ball before it hits the ground. This skill requires the player to point the toe and contact the ball between the toes and knee. It is very important that they make contact in this area of the leg. If they just kick with their foot, they can be injured due to the weight and size of the ball.

**Four Corners/Cover the Quadrants** - 1) divide the group into four groups; station each group in a quadrant of the imaginary square around the ball , 15-20' away from the Kin-ball; the leader moves the ball around the floor (roll, carry, throw) and the groups must move into position to maintain the four corner square around the ball 2) intro to Kin-ball - form teams of 4 (as many as 6 teams of 4 if a large group); teams will chose a color for their group; introduce the basic offensive and defensive strategies; go through each procedure slowly and let the defensive team bring the ball back to the middle of the playing area to continue play 3) play regulation Kin-ball with positioning relative to where the ball is teed-up by the defensive team \*\*Use whistle stops to discuss 4-corner movement and positioning, color calling procedures, offensive body and hand positions, striking technique, offensive ball placement

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