

Omnikin All-Active Games

Terry Gooding - tgooding@omnikin.com

****Bladder maintenance** - powder the latex bladders regularly because temperature and humidity changes cause the material to breakdown; the needle inflated balls must be blown up skin tight or the valve will move and you will not be able to get to it to inflate or deflate; deflate and store the balls when not in use for an extended period of time

POISON BALL - Play inside or out (grass). Designate boundaries. Use 3 Omnikin balls 18" or larger depending on the size of the class. If a large class, divide into two games. Participants must get possession of a ball and roll it around the floor using their hands. When they get close to someone, they may roll the ball to hit the person or pick the ball up and attempt to use a chest pass to hit the person or kick the ball with the inside of the foot. Anyone hit by a ball must go to designated treatment stations. At the treatment station they must complete a "therapy" routine: jump rope 20 times, 20 wall push-ups, 20 squats, 20 jumping jacks, 10 wall volleys, etc. After completion they may return to the game. Each time they are "poisoned" they must complete a different treatment.

Rules:

- you do not have to go for treatment if you are hit above the waist
- no limited possession time as long as you are rolling the ball
- once you pick up the ball you have 5 seconds to throw it at someone; foul - go to a treatment area
- you may not possess the same color/type ball consecutively; foul - go to the treatment area and complete task
- no stealing - go to the treatment area and complete task
- no kicking - go to the treatment area and complete task
- any rules can be modified as long as safety is not compromised

Variations:

- sidelined if hit someone above the shoulders
- no overhand throwing, only out if the ball is rolled/hit by chest pass or a kick with the inside of the foot
- dribble with feet and kicking to tag – use only the inside of the foot to kick
- team poison
- may or may not catch a ball – decide if you catch a thrown ball, does the person who threw the ball have go to a treatment area and complete task
- may or may not defend yourself with a ball – ok if you maintain control
- when hit, go to the sideline and do a fitness task until the person who hit you gets hit; when you hit someone, you must point to them and say "poisoned" so they know who hit them

CONQUERORS/MONARCHS - Play inside or out (grass). Use one Omnikin Six ball. Designate two to four students to be the starting "conquerors/monarchs" (discuss history). Conquerors move and pass the ball around the playing area to other conquerors in an attempt to tag/push pass hit others. All other students must attempt to evade the "conquerors". I do not allow running, only fast walking. The teacher must stress when moving away from taggers, students must watch where they are going so they will not run into another student. Penalize anyone who looks over their shoulder when evading the taggers. Those who are tagged become a conqueror. For large classes, set-up two or more games. Those two/ four that avoid getting tagged become the new game conquerors. If they have already had a turn, they pick a substitute.

Rules:

- conquerors may take no more than two steps to tag a student
- tag > below the shoulders; if push pass hit, must contact below waist

- if a student looks back while running they are put in the penalty zone - perform a task until the next round
- when tagged, get a pinnie/flag and become a conqueror
- head shots do not count

Objective:

- no points, just a switch starting players with those who have not been tagged

Variations:

- allow throwing, limit to a chest pass or underhand throw with contact below the waist

Momentum - Two teams of equal ability level, 6-8 on a team. Use one Omnikin Air Ball/24" or Multi-color/33". Designate goals at the end of each playing area (a basketball court is good) can be a mat, taped area on the wall, a number of goalies protecting the goal line, cones, or use the whole wall. The object is for players to keep the ball moving by pushing/hitting it with an open hand or dribbling to make a point by having the ball score at the goal area.

Rules:

- may not pick-up or catch the ball
- the ball must be in continuous motion
- safety is an issue if you have highly competitive students – penalize if students interfere with a teammate playing the ball in their area; make a rule you cannot jump for the ball; if you make teams skill equal, it minimizes possibility of injury

Scoring:

- one point for every time the ball hits the designated goal; many points can be made in succession
- after a score, the ball just continues to be in play – never stops

Variations:

- allow kicking
- with large groups, arrange three games the width of a basketball court
- with large groups, play a sideline game - number teams and sideline players keep the ball in play
- assign defensive player(s) to protect goal and get ball back into play for their team

Six Hoops Relay - Many team relays can be introduced using the Omnikin Six including:

- hand volley, chest pass, set shot/overhead pass against the wall rotating through all team members in a line
- 3 facing 3 line relays using the skills above; after your turn move to the right and get at the end of the other line
- one team member is across the playing area at the kicking line; he/she kicks the ball to the other team members who move the ball across the playing area to the kicking line; switch kickers and the rest of the team runs back to the receiving line
- team is in a line one behind the other; using the set shot first person puts the ball in play so the second person can then set it to the next person and so on; after you set the ball, you move to the right and go to the back of the line; continue this process and move the ball across the playing area to a finish line; this is a very advanced relay

Six Hoops Catch- Six color teams of 4-6 players. Use the Omnikin Six 18" colored balls and preferably corresponding colored pinnies or wrist bands. Spread 6 hoops/circle ropes around the

playing area. One person from each team is the defender while the other team members move around the playing area passing the ball to score in the other teams hoops.

Rules:

- defender may not step inside the hoop to guard it
- players may not move once they catch a pass from a teammate
- everyone on the team must catch the ball before an attempt to score is made
- no body contact
- team member must catch the ball with their foot in/on the hoop
- if a defender deflects the ball, the attack team must move to a different hoop to score; if it is their last hoop, they must do a wall task or jog around the outside of the playing area

Objective:

- each team must attempt to make a catch in each of the other 5 teams hoops
- the individual games continue until every team member has had an opportunity to play defense

Variations:

make it a timed activity - if the teams finish in the allotted time, they are successful

- time the activity and see how many points a team can make; they must complete all 5 hoops successfully before they can continue to make points returning to hoops
- once a team finishes, play stops and each team gets a point for each successful catch in a hoop
- at the end of the challenge, the teams with the highest score win....or not
- put a bowling pin or some other target in the middle of the hoop/rope circle and teams must knock it over or off stand to count

Six Hoops Guarding - Divide the students into partners. Spread six hoops/circle ropes around the playing area with an Omnikin ball target in each circle and a set of partners assigned to guard the target. Use a variety of balls and give one to each set of partners that are not guards. Using passing or kicking skills, the partners attempt to move the ball around the playing area and knock the Omnikin ball out of the circle. Guards must stay outside the circle. Partners who knock the ball out of the circle switch places with the guards.

Ultimate Omnikin - Played using the same rules as Ultimate Frisbee, but use the Omnikin football. Divide the participants into groups of 5 or 6 according to skill levels. Designate a playing field for each two teams and goal lines at opposite ends of the playing field. The object is to pass the football down the field to your teammates and score by a teammate catching the football behind the designated goal line.

Rules:

- anytime the football hits the ground there is a change in possession.
- players cannot run with the ball...catch it on the move and you may only take three steps
- players in possession of the ball may throw it in any direction
- players may not guard the player in possession of the ball
- no body contact > penalty box consequence
- the player in possession of the ball must throw it within 5 seconds
- the person in possession of the ball may pivot in any direction to throw it laterally or backwards

Variation:

- must throw girl-boy-girl-boy
- may not throw back to the same player who threw it to you
- may score at either goal line; if an attempt is made to score and it is incomplete, the opposing team gets possession and must take it back to the midline before attempting to score

Innoculation - Divide the color teams into 3 groups. Assign each 2 color teams a playing area. One color team is the germ group, the other is the vaccine group. The object is for the germ team to pass their ball around and avoid having their ball hit by the vaccine groups ball. The vaccine group passes their ball around and attempts to hit the germ ball. Players move around the playing area, but may not move with the ball when they have possession. If the germ is hit, color teams change actions. To be successful, the ball must be hit, not the person holding the ball. Higher level play challenges two vaccine color teams against one germ color team.

Four-Square Omnikin - Divide the playing area into quadrants A, B, C, D with boundaries using nets, cones, ropes, lines, mats, VB poles, etc. Divide the class into four groups and put each in a quadrant of the playing area. Using an Omnikin Six ball, designate A square as the serving square. Ball is served to any of the other 3 squares. Rules may be that the ball must bounce one time or can be modified to allow bounce or no bounce. Receiving square must then strike the ball into another square. If a team makes a mistake in playing the ball or hits it out of bounds, they must move into square D and all other teams move around closer to square A. The challenge is to get to square A.

Variations:

- quadrant dividers can be low or high - four-square tennis/volleyball
- scoring points can be introduced
- use more than one ball
- use specific striking or sports skills
- with large groups, have two games; best with 6 in a quadrant

Hot and Cold Tag (from Chris Nichols, Dallas ISD) – There are six colored balls for this activity. The colors blue, green, and purple are designated as the “cold” colors. The colors red, yellow, and orange are designated as the “warm” colors. Three players will be the freezers for this game and will hold a “cold” color ball. Three other players will hold “warm” colored ball so that they can unfreeze players that have been tagged with a “cold” colored ball. When the game begins, the players will attempt to tag anyone else without a ball with their ball to freeze them. Frozen players will sit on the floor with legs crossed and wait to be saved by a “warm” color ball. Players with a “warm” colored ball will toss their ball to a frozen player to unfreeze them. When the player is unfrozen, they must try to unfreeze another play because they now have possession of the “warm” colored ball. Play each round for a designated period of time then choose new freezers.

Contact Terry for any clarifications on these games.