

OMNIKIN GAMES

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DOUBLE CIRCLE

A group forms two concentric circles, the players that make up the inside circle facing those who form the outside circle.

- 1) **Roulette:** Have the players pass the ball between the two circles as many times as possible within a certain time. Can be done overhead or on the ground.
- 2) **Indiana Jones:** Have the group roll the ball to try to tag a player running between the circles. Designate one way or you can let circles change direction of the ball. When the runner is tired they may tag another circle player to take their place. Variation: First person runs one lap while being chased by the ball then they tag the next person in the circle and this continues for a designated time or until a runner gets tagged with the ball. How many successful runners? A student may pass their turn to the next person by letting them know when they are tagged to go ahead.
- 3) **Power Ball:** Position a player between the two circles who runs to touch the ball while it is being passed around. They may change directions to make it more challenging.
- 4) **Squirrel Chase:** Use two balls, preferably 24" or larger, inside the circles. Designate one ball the chaser and the other the chasee. On signal, the chase begins. Players try to push the chaser ball along the floor attempting to "catch" the fleeing ball. To make it more challenging, when the group hears a signal (whistle, clap, stop music, etc.) the action reverses and the chaser now becomes the chasee and vice versa. Just like little squirrels do in the trees. ☺
- 4) Have the group form two sets of concentric circles, each with its own ball. The groups race to see which one can do a set number of laps in the shortest time.

BETWEEN THE LINES

Players form two lines facing each other 15 – 20 feet apart. Each line is given several balls. Four players then try to run the length of the two lines without being tagged by the balls being pushed at them. Balls must not leave the ground. Switch runners when tagged.

TAG CIRCLE

A group of players form a circle around three other players. Players push or hit the ball along the ground with their hands in an attempt to tag a player in the middle of the circle. If a player tags someone in the center, he or she takes that person's place. Players in the center of the circle try to avoid being tagged.

TAG BALL

Players pair up and must hold hands (or an object like a ring or scarf) or hook elbows. To start, two pairs are each given a ball and then push or hit the ball along the ground with their hands to try to tag other free pairs with the ball. When a pair is tagged or let go of each other, it becomes their turn to tag the others.

COOPERATIVE LINES

Have the group form lines of 5 – 6 players. Players from each team move their ball from one end of their line to the other, in different positions - standing up, seated, lying down, back to back; use different methods - the hands or the feet, rolling the ball, in the air or dribbling. They can also setup railroad tracks using two lines facing each other with cooperative movements using the balls. Create races by having the ball start moving from the back of the line and each person move to the front of the line after they have performed the task with the ball. The line of players moves across the playing area until it gets past the designated finish line. Be creative!!

NO HANDS

Four to six players practice moving a large Omnikin ball, without using their arms or hands, preventing it from touching the ground. Techniques can include use of the head, the back, the chest or the feet.

KICK AND PASS:

Six teams of preferably teams of no more than 5 or 6. Using Omnikin Six balls. A player begins by kicking the ball from point A to the rest of the team located a significant distance away at point B. One teammate retrieves the ball and throws it to a teammate at point B. The whole team must then pass the ball to each other as they return the ball to where it was first kicked at point A. Players may not run with the ball. Everyone must catch and throw the ball at least once before a new kicker is determined and the team returns to point B to receive the next kick. The game then continues with a new kicker. The objective is to have everyone be a kicker and complete the task as quickly as possible.

OMNIKIN® BASKETBALL

- 1) Points are scored when a ball is thrown through a hoop being held by a player moving around in the Basketball key.
- 2) Other game, points are scored when a player catches a ball thrown by a teammate on the rebound from the scoring wall or backboard.
- 3) Other option, points are scored by throwing a ball that hits the wall above the shoulders of the 3 goalies guarding the scoring wall.

OMNIKIN® AIR VOLLEYBALL/TENNIS

- 1) Four square volleyball with 4 teams. Must use legal strokes for higher level play.
- 2) Put volleyball net as low as possible, preferably no more than waist high. Ball must bounce before it is struck with the hand and returned over the net.

OMNIKIN® SUPER BALL (FOOTBALL)

1) Kick-Off Points - 2 teams of 3 - 5 players – hiker, holder, kicker – teams alternate kick-offs made within boundaries. Each time the ball is caught in the air, the team gets 2 points and 1 point if the ball is caught off a bounce. Receiving team kicks back to their opposing team. This continues until a designated number of points are made and then switch with another group. If ball is kicked outside the boundaries, the kicking team loses a point and must kick again. Rotate positions.

2) Kick and Catch - Each team has a Super Ball (football). One player holds the ball for the kicker. The kicker kicks the ball to their teammates. The player who catches the ball runs to become the new holder or passes to another student who becomes the new holder. The old holder rotates to become the new kicker and play continues. Any player may attempt to receive the kick but all players must take a turn as the holder and kicker. Teams score 2 points for each ball caught in the air and 1 point for each ball caught after it bounces. The team that finishes first scores 3 additional points but is not necessarily the winner. Finishing first means every player has had a turn as the holder and kicker. The winning team has the highest point total.

3) Five Passes – Small teams of 3 – 5 players. One team has possession of the super ball and must try to make 5 complete passes while the other team tries to interfere with a pass preventing completion of the task. Switch team attempts. Rotate teams around so all get to challenge others.

6 BALLS - 6 COLORS - 6 TEAMS

The following games are for use with the Omnikin Six set of colored balls. Form six teams, each with its own ball and unique colored plinnies.

SPORT CIRCLES/LINES:

Circle: participants pass the ball around as long as possible using the techniques of sports like volleyball (set-forearm), soccer (head-feet), basketball (overhead, bounce, chest), etc. Count successful skill performance and make class records.

Line: Lines of 3 – 5 players front to back. Using a ball 14-24” ball, participants must use their volleyball skills to move the ball forward across the playing area to designated finish line. First person sets the ball up and rotates to the back of the line while player 2 sets ball up for the 3rd person and so on. This is an advanced skill and the players must control the set so it goes forward, but it has to be playable by the next person in line.

SIX CHALLENGES:

Teams rotate through six challenges; passing the ball from mat to mat, moving forward by bouncing seated on the ball, using sticks to handle the ball, playing handball rotation against a wall, kicking the ball through a hoop or hitting a target, using hockey or lacrosse to travel with the ball. Teams win points at each station.

SCORE IN SIX HOOPS/CIRCLE ROPES:

Divide the class into groups of 5-6 players. Position 6 hoops/circle ropes on the ground around the playing area. A goalie for each team guards their hoop. The first team to catch their ball in **all** the other team's hoops wins. If the goalie touches or bats the ball away, the group must go to another hoop. If it is the last hoop for them to make a catch, they must complete a designated task before trying to score again (run around playing perimeter, each team member 10 fitness repetitions). All group players must catch the ball before you can attempt to score. Ball cannot be thrown back to the same person who threw the ball to them. Person may not move with the ball. Variation: How many hoops can you make a successful catch in a designated amount of time?

Pick Six

Form six teams, one for each color ball. Position teams around the perimeter of the court. Each team has a ball, six color cards that match their ball, and a hula hoop. The hoop sits on the ground with the color cards inside. On the "go" signal, teams toss their ball toward the center of the court. Teams then race to pick up another team's ball. They quickly pass the ball to each member of their own team while moving toward the team's hoop that matches the color of the ball. Reaching that hoop, all team members must place one foot inside the hoop before the team takes a color card from that hoop. They toss that ball back to the center and go get another color ball. Play continues in this manner as teams try to collect a color card for each ball. Teams go after their own ball last. Teams stay at their hoop after they collect all six cards. After 3 teams finish, stop game and play again.

****The OMNIKIN® SUPER GAMES MANUAL** presents 25 games with pictures, objectives and further descriptions. Web Site: www.omnikin.com. E-mail: service@kin-ball.com. Phone: 1-800-706-6645.

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