

OMNIKIN GAMES

Compiled by 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; bladders may be stored in baggies with powder or corn starch

DOUBLE CIRCLE

A group forms two concentric circles, the players that make up the inside circle facing those who form the outside circle. Use preferably a 48" KinBall or 36-40" will work also.

- 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 trying to tag a player running between the circles. Designate one way.

Variations:

- you can let circles change direction of the ball
- when the runner is tired they may tag another circle player to take their place.
- challenge runner to complete 5 laps before being tagged by the ball

3) **IJ Relay:** 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. No individual should be made to run. We are not in the business of embarrassing our players.

4) **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.

5) **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. ☺

6) Have a large 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 various sized Omnikin balls. Players at one end of the line try to run the length of the two lines without being tagged by the balls being pushed at them. Next players in line can start to run at any time. As players run, those in line move up to the starting line. Balls must not leave the ground.

TAG CIRCLE

A group of players form a large circle around three other players. Players push or hit (with an open hand/s) the 24-36" Omnikin ball along the ground 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/ring/scarf) or hook elbows. To start, two pairs are each given a 24-48" Omnikin ball and then push 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 14-18" Omnikin 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 passed 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 creatively move a large Omnikin ball across a playing area without using their arms or hands, keeping 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 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

Similar to regular basketball, teams of 5-6 pass the Omnikin Basketball/Omnikin Six ball to move the ball closer to their scoring area. Points are scored when a ball is thrown through a hoop being held by a player moving around in the basketball key area or other designated space. Boundaries are defined so players may not enter the area to score. Variations include:

- points are scored when a player catches a rebound thrown by a teammate against the scoring wall or backboard.
- points are scored by throwing a ball that hits the wall above a designated line on the wall
- points scored by knocking over a bowling pin in the key or a large designated scoring zone

OMNIKIN® SUPER BALL (FOOTBALL)

1) Kick-Off Points - 2 teams of 3 - 5 players – hiker, holder, kicker/hiker, punter – 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 or each team player has had a turn to kick, then switch with another group. If ball is kicked outside the boundaries, the kicking team must kick again. Rotate positions.

2) Kick and Catch - Each team of 5-6 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 of equal skill level. 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. All players with or without the ball may move around the playing area. Person with the ball cannot be guarded and must throw the ball within 5 seconds or there is a change of possession. If the team with the ball drops it or cannot complete a pass due to good defense, the teams automatically change possession. Switch team attempts as needed. 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/bandanas/wrist bands.

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.

3 Zone Wall Ball

Divide playing area into 3 zones of equal size with a wall (or temporary object) on each end of the playing area. Use dome cones or other dividing options to clearly identify each zone. Divide class into 2 teams (identified with pennies) and have each team divide into 3 groups. Each group starts the game in one of the 3 zones. There should be a group from each team in each zone. Identify an offensive, midfield and defensive zone for each team. Start with 3 Omnikin Six balls in each teams defensive end with the defense. Teams attempt to move the ball forward into their offensive end by throwing/catching/kicking each Omnikin 6 in their possession. While each team starts with 3, all 6 balls are in play for either team once the game starts. To score, a ball must be moved into a teams offensive end bounced off the wall and caught (by any offensive team member). Once a score is made, the game continues immediately with the defensive team gaining possession. The teacher has the opportunity to provide each team member equal opportunities to play in each of the 3 zones by stopping play and having teams rotate zones from defense to midfield to offense to defense. The Omnikin balls in play should stay in the same zone during each player rotation with the team that had possession. Once the game resumes, the balls are back in play. Players can move anywhere in their own zone to receive a pass from a teammate (in their own zone or in another zone). Once a player receives a ball, they can pivot with the ball, but cannot take steps. Defenders can block or knock a pass away, but cannot closely guard a player in possession of a ball. When a ball is deflected by the defense in ANY zone (touching the ground or going outside the playing area), that ball reverts to the defensive team in the zone and play continues. All players are playing both offense and defense in their own zone.

Sports Games – Using Omnikin balls to play traditional sports is all inclusive. The balls are non-threatening so your lower and recreational players are not intimidated by the balls. If you get hit in the stomach playing soccer, it does not knock the wind out of you. If you try to set the ball in volleyball, you do not jam a finger. You can make contact with the larger, lighter 14” ball to fine tune your skills in tennis. Use Omnikin balls for many skill activities and lead-up games to sports. It is still important to group teams fairly taking into consideration skill levels. Challenge students using timed tasks, counting repetitions, variations, etc.

Volleyball

- Four square volleyball with 4 teams. Must use legal strokes for higher level play.
- Wall volley – team of 4-6 line up and set the ball against the wall then rotate to the back of the line after their turn; count successful volleys
- Line volley – team of 3’s face each other in a front to back line; one line volleys to the other line and volley continues back and forth; volleyer rotates to the back of the line after their turn; count successful passes
- Keep It Up – how many times can your circle keep the ball volleying using volleyball skills only; challenge all teams; have class records

Soccer

- Partner soccer with 4-6 goals. Goals are cones 8 feet apart. Partners protect goal. If scored on, switch with scoring partners.

Tennis

- Use tennis court or 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.
- Weed Challenge – spread numerous poly spots/hula hoops around the courts; teams try to hit the ball cross the net and have it contact a poly spot to eliminate the weed in the yard; ball must bounce
- Money Hungry – spread numerous poly spots/hula hoops around the courts; teams try to hit the ball across the net and have it contact a poly spot/hula hoops which is a \$1.00 coin; balls must bounce; the person who hit it, carefully retrieves it and places it on their court side; at the end of the game, the team with the most coins gets to pick the next game

****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.

More games on www.omnikin.com and YouTube

Supports the National Standards:

- Standard 1: Movement Competency
- Standard 3: Physically Active Lifestyle and Healthy Living
- Standard 4: Responsible Behaviors
- Standard 5: Enjoyment and Positive Social Interaction

For more information go to www.omnikin.com