

2015 Trainer Event

Kin-Ball Basics and Modifications

by Terry Gooding

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- Kin-Ball can be played with 3 - 8 teams of 4 players; each team is a specific color and do not need to wear jerseys; when a color is called, that team goes to the ball while the other teams move to cover their quadrants
- Be very aware of the composition of your teams to make competition fair
- The four team members are numbered off 1-4 for striking position and quadrant coverage (one team member in each quadrant)
- Three types of striking skills: clap hands together and strike the ball with the back of the forearms to the right or left; two open-hand push; two open-hand lift; **absolutely no one arm strikes**
- Tee position is in a low tripod with head down and hands in an underhand position on the ball to prevent injury
- Designate a buffer zone of 12' around the ball that no one can enter; ball must go at least this far parallel to the floor to be an acceptable strike and score
- The teacher calls the color loud and clear after the striker calls out "Omnikin"; this is done because many of the players do not call the color loud enough for everyone to hear; the teacher can also make sure all colors are called equally
- A point is made if the color team called does not get control of the ball before it hits the ground; if it hits the ground, it is a point for all other teams;
- Players may use their feet to keep the ball off the ground - advanced skill



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- Low skill level groups: allow the ball to bounce once before controlling the ball
- 10 seconds to move the ball to a different space in the playing area; encourage movement to a more open space to give 360 degrees to hit the ball into a space
- Younger students can use a 33" or 36" ball
- If in a confined space, the ball may be played off the walls
- The duration of a game can be by time, to a certain number of points, when everyone has had a chance to serve, or whenever the teachers decides to stop
- Most important Physical Education instructional best practice: all students actively engaged in learning -- no one sitting/standing around waiting a turn
- Do not forget to keep the latex bladder powdered with baby power or corn starch to prevent material degrading
- Limited equipment: divide playing area and combine with Ultimate, Handball, Tchoukball, Speedball, etc or set-up fitness/skill stations around perimeter
- Go to www.omnikin.com for additional information and game ideas



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