**Kin-Ball Skill Drills**

Scott Williams

[CoordinationUSA@omnikin.com](mailto:CoordinationUSA@omnikin.com)

[**Omnikin on YouTube**](https://www.youtube.com/user/officialomnikin)

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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 and visit our [Kin-Ball Tutorial Video](https://www.youtube.com/watch?v=T_eQyr8N9b0) for rules and proper progression when teaching the game!

**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 the 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.

**Train Tracks-**Similar to Railroad Pass but students lay on ground and teacher pushes ball over each one and they run to the end of the line. Check out the [YouTube video](https://www.youtube.com/watch?v=k0zvdcxb9g0)!

**Kin-Ball Progression**

**Offensive Positions and Striking** - set-up teams of 4, with two teams facing each other 20+ feet apart; if you do not have enough balls, you can set this up as a station; offensive team sets the tripod (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, then strikes the ball contacting it 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; tripod players may have to move back to hold the ball in front of them, not over them

**Four Corners/Cover the Quadrants** - Divide the group into teams of four (as many as 6 teams of 4 if a large group); have them choose what color team they would like to be; number players off 1-4 and this will be both their striker number and quadrant number; station each team player in a quadrant of the imaginary square around the ball , 15-20' away from the Kin-Ball

1 2 1 2

3 4 3 4

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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. Introduce the basic offensive and defensive strategies:

* Offense: call “Omnikin” loud; ball should be at strikers chest level; striker can strike left or right or run to a different side of the ball to trick the defense; look for a space to hit to; hit long or short (minimum 12’)
* Defense: must cover your quadrant; if the ball comes in your quadrant, do not try to catch it, just keep it off the ground until the rest of your team arrives to help; you have 10 seconds to move the ball anywhere on the floor you want to catch the other teams out of position

Go through each strategy slowly. To start, let the defensive team bring the ball back to the middle of the playing area to understand special relationship. Play modified Kin-Ball with positioning relative to where the ball is teed-up by the defensive team. Initially may go slow until they understand the movement and options.

\*\*Use whistle stops to discuss 4-corner movement and positioning, color calling procedures, offensive body and hand positions, striking technique, offensive ball placement.

**Circle Kicking** - Kicking is an advanced skill that can be used in playing the game. Put 6-8 players in a circle and have them practice kicking the ball before it hits the ground. This skillrequires the player to point the toe and contact the ball between the top of the foot and knee. It is very important that they make contact in this area of the leg. If they just kick with their foot/toes, they can be injured due to the weight and size of the ball.

Kin-Ball Basics and Modifications

* Kin-Ball can be played with 3 - 6 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 hand push; two 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 using top of foot and front of lower leg
* 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 strike, or just 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
* Go to www.omnikin.com for additional information, game ideas, and official rules
* Game play from elementary school to Federation Cup competition can be seen on YouTube. Do not confuse what student play will look like compared to international competition.

Supports the National Standards:

* **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
* **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
* **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
* **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
* **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

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