

# Kin-Ball Basics and Modifications

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[Omnikin on YouTube](#)

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- 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](http://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: 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](http://www.omnikin.com)