

Kin-Ball Skill Drills

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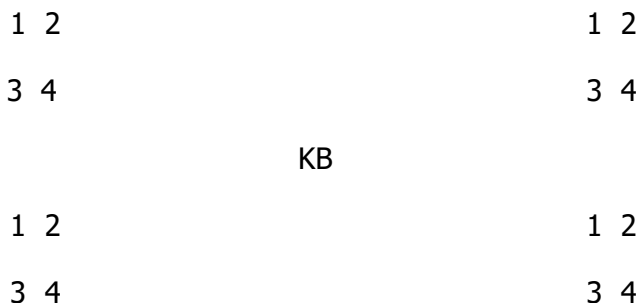
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Kin-Ball is a great non-traditional game for middle and high school students. The only equipment needed is an official 40" or 48" Kin-Ball. For more information go to www.omnikin.com.

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.

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



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 skill requires 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.

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

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