

# Omnikin All-Active Games

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**\*\*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 can be stored in a baggie with powder or corn starch

**POISON BALL** - Play inside or out (grass). Designate a playing area about the size of half a basketball court. With a class of 20+ divide into two games and use 3 18" Omnikin balls for each game. Participants try to take possession of a ball and roll it around the floor using their hands. When they get close to someone, they may roll the ball to hit the person or pick the ball up and attempt to use a chest/push pass to hit the person with the ball below the waist. Anyone hit by a ball must go to a wall/station (recovery zone) and do an activity to get back into the game (30 jumping jacks, 5 push-ups, 30 jump rope, 10 burpees, 10 sit-ups, 10 volleyball passes, etc.) There is a different activity at each wall and if you are hit additional times, you must go to a different wall/station each time. When hit, put your hand on your head so everyone knows you are walking to a recovery zone.

Rules:

- you are not sidelined if you are hit above the waist
- no limited possession time as long as you are rolling the ball
- once you stop/pick up the ball you have 5 seconds to roll/throw it at someone; foul - go to the recovery zone and complete an activity task
- you may not possess the same color/type ball consecutively; foul - go to the recovery zone and complete an activity task
- no stealing - go to the recovery zone and complete an activity task
- no kicking - go to the recovery zone and complete an activity task
- any rules can be modified as long as safety is not compromised

Variations:

- go to recovery zone if hit below the shoulders
- no throwing, only out if the ball is rolled
- dribble with feet and kicking to tag
- team poison
- catch a ball/defend yourself with a ball—let participants decide on the rule..out or not
- if a ball is thrown at you, you may defend yourself with a ball in your possession; you are not poisoned if you maintain possession
- if you catch a thrown ball, the person who threw the ball must go to the recovery zone
- you may steal the ball – can cause problems with some groups

**CONQUERORS** - Play inside or out (grass). Use one Omnikin Six ball. Designate two/four students to be the starting "conquerors" (discuss conquerors in history). Conquerors move and pass the ball around the playing area to other conquerors in an attempt to tag others. All other students must attempt to evade the "conquerors". I do not allow running, only fast walking. The teacher must stress when moving away from taggers, students must watch where they are going so they will not run into another student. Penalize anyone who looks over their shoulder when evading the taggers. Those who are tagged become a conqueror. For large classes, set-up two or more games. Those four or five that avoid getting tagged become the new game conquerors. If they have already had a turn, they pick a substitute.

Rules:

- conquerors may take no more than two steps to tag a student

- tag > below the shoulders
- if a student looks back while running they are put in the recovery zone - perform a task until the next round or after completing a designated task they may re-enter
- when tagged, get a pinnie/flag/wrist band and become a conqueror
- head shots do not count
- may tag by using an underhand toss within 6 feet of a person

Objective:

- no points, just a switch starting players with those who have not been tagged

Variations:

- allow throwing, limit to a chest pass or underhand throw with contact below the waist

**Momentum** - Two teams of equal ability level, 6-8 on a team. Use one Omnikin Air Ball/24" or Multi-color/33". Designate goals at the end of each playing area (a basketball court is good) can be a mat, taped area on the wall, a number of goalies protecting the goal line, cônes, etc. The object is for players to keep the ball moving by pushing/hitting it with an open hand or dribbling and passing to make a point by having the ball score at the goal area.

Rules:

- may not pick-up or catch the ball; except goalies
- the ball must be in continuous motion

Scoring:

- one point for every time the ball hits the designated goal
- after a score, the ball just continues to be in play
- an individual can only score one point at a time; a teammate may get the rebound and immediately make an additional point

Variations:

- allow kicking
- with large groups, arrange three games the width of a basketball court
- with large groups, play a sideline game - number teams and sideline players keep the ball in play
- an individual can score three consecutive points

**Six Hoops Catch**- Six color teams of 4-6 players. Use the Omnikin Six 18" colored balls and preferably corresponding colored pinnies. Spread 6 hoops/circle ropes around the playing area. One person from each team is the defender while the other team members move around the playing area passing the ball to score in the other teams hoops.

Rules:

- defender may not step inside the hoop to guard it
- players may not move once they catch a pass from a teammate
- everyone on the team must catch the ball before an attempt to score is made
- no body contact
- team member must catch the ball with their foot in/on the hoop/rope
- if a defender deflects the ball, the attack team must move to a different hoop to score; if it is their last hoop, they must move to the designated team task space to complete an activity before they may try the last hoop again; ex. jump rope 50 times, 25 push-ups, 30 sit-ups, 50 jumping jacks, etc. Each team member must contribute to the task.

Objective:

- each team must attempt to make a catch in each of the other 5 teams hoops/ropes
- the individual games continue until every team member has had an opportunity to play defense

Variations:

- make it a timed event - if the teams finish in the allotted time, they are successful
- once one team finishes, play stops and each team gets a point for each successful catch in a hoop

- at the end of the challenge, the teams with the highest score win....or not
- put a bowling pin or some other target in the middle of the hoop/rope circle and teams must knock it over or off stand to count

**Six Hoops Guarding** - Divide the students into partners. Spread six hoops/circle ropes around a large playing area with an Omnikin ball target in each circle and a set of partners assigned to guard the target. Use a variety of balls (gator, football, volleyball, tchoukball) and give one to each set of partners that are not guards. Using passing or kicking skills, the partners attempt to move the ball around the playing area and knock the Omnikin ball out of the circle. Guards must stay outside the circle. Partners who knock the ball out of the circle switch places with the guards.

**Ultimate Omnikin** - Played using the same rules as Ultimate Frisbee, but use the Ominkin football. Divide the participants into groups of 5 or 6 according to skill levels. Designate a playing field for each two teams and goal lines at opposite ends of the playing field. The object is to pass the football down the field to your teammates and score by a teammate catching the football behind the designated goal line.

Rules:

- anytime the football hits the ground there is a change in possession.
- players cannot run with the ball...catch it on the move and you may only take three steps
- players in possession of the ball may throw it in any direction
- players may not guard the player in possession of the ball
- no body contact > penalty box consequence
- the player in possession of the ball must throw it within 5 seconds
- the person in possession of the ball may pivot in any direction to throw it overhand or underhand forward, laterally or backwards

Variation:

- must throw girl-boy-girl-boy
- all players must touch the ball before a score can be attempted
- may not throw back to the same player who threw it to you
- may score at either goal line; when playing this way, if an attempt is made to score and it is incomplete, the opposing team gets possession and must take it back to the midline before attempting to score

**Inoculation \ Breakout** – Divide the playing area into 3 zones. Use the Omnikin Six color balls. Divide the class into 6 color teams. Assign each 2 color teams a playing zone. One color team is the germ group, the other is the vaccine group. The object is for the germ team to pass their ball around and avoid having their ball hit by the vaccine groups ball. The vaccine group passes their ball around and attempts to hit the germ ball. Once caught, players may not move with the ball. If the germ is hit, color teams change actions using their same color ball. To be successful, the ball must be hit, not the person holding the ball. Higher level play challenges two vaccine color teams against one germ color team.

**Four-Square Omnikin** - Divide the playing area into quadrants A, B, C, D with boundaries using nets, cones, ropes, lines, mats, VB poles, etc. Divide the class into four groups and put each in a quadrant of the playing area. Using an Omnikin Six ball, designate A square as the serving square. Ball is served to any of the other 3 squares. Receiving square must then strike the ball using an acceptable volleyball skill into another square. If a team makes a mistake in playing the ball or hits it out of bounds, they must move into square D and all other teams move around closer to square A. The challenge is to get to square A.

Variations:

- quadrant dividers can be low or high - four-square tennis/volleyball
- allow or rule that the ball bounces one time
- scoring points can be introduced
- use more than one ball
- use specific striking or sports skills
- determine starting square by rock, paper, scissors

**Hot and Cold Tag** – Use the Omnikin Six colored balls for this activity. The colors blue, green, and purple are designated as the “cold” colors. The colors red, yellow, and orange are designated as the “warm” colors. Three players will be the freezers for this game and will hold a “cold” color ball. Three other players will hold “warm” colored ball so that they can unfreeze players that have been tagged with a “cold” colored ball. When the game begins, the cold players will move/dribble around the playing area and attempt to tag anyone else without a ball with their ball to freeze them. Frozen players will sit on the floor and wait to be saved by a “warm” color ball. Players with a “warm” colored ball will toss their ball to a frozen player to unfreeze them. When the player is unfrozen, they keep the warm ball and must try to unfreeze another player because they now have possession of the “warm” colored ball. Play each round for a designated period of time then choose new freezers. There should be no running, just fast race walking. Players should not look over their shoulders to watch chasers or they may run into another player.

**Reverse Blob Tag**-Two or three taggers choose a giant omnikin ball (36” or above preferably) and attempt to roll the ball and tag the “blobs.” Blobs join together (via noodles, hands, other equipment) in groups of 6-8 ideally. Blobs must stay attached and avoid getting tagged. If tagged, blobs divide in half. Object of the game is to have the biggest blob at the end of the round.

**Superhero Tag**- 4 teams, 4 superheroes with [different defensive or offensive superpowers](#) (check link for the heroes we LOVE). Some of the students favorites are Hulk (can throw Omnikin Six boulders), Thor (block any thrown objects with hammer), and Captain America (cannot be tagged on back half of body as his shield protects!)

When tagged, fitness frozen (push-ups, planks, curl-ups) on the ground. A teammate can unfreeze you by jumping/leaping over you, throwing your team’s equipment to you, or by tapping your foot.

\*Always have two “defensive” and two “offensive” teams to balance the superpowers and provide for some amazing interactions between the different teams! Thor vs Iron Man, Black Panther vs. Spider-Man, Captain America vs anyone!

**DOUBLE CIRCLE (Omnikin 48”, 40” or 36”)**

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) **Indiana Jones 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 chatee. 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 chatee 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.