

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 Omnikin 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 chasee. 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 chasee 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.

Fast and Furious OMNIKIN

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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.

Train Tracks-Students lay down on ground forming "tracks" that the Kin Ball (train) will travel over. The conductor (normally a teacher) will push the ball over the tracks and once the ball crosses over each player, they quickly get up and run to the end of the line. Conductors can progressively speed up the train to make it more challenging.

*Safety-Instruct and demonstrate all "track" students getting up and running on the foot side of the train tracks as we don't want any feet going near the heads of the students other than the conductor's.

*Modification-Have students pass the ball along the tracks with their hands!

Uh-oh: Each pair gets an Omnikin ball and passes (underhand, overhand, soccer pass, etc.) it back and forth while the music plays. When the music stops, the teacher yells "UH-OH!" as the person with the ball now chases the partner without the ball. If s/he tags the partner, they get 4 points (change point value as needed). If they throw the ball and hit their partner, they get 2 points. When the music stops, passing resume and if the initial partner escapes a tag/throw, s/he gets 4 points. *Power walking is a safe way to play this indoors. If you choose to run, be sure there is plenty of room!

*If a tag occurs and the music is still off, the other partner is now "it" and has an opportunity to get points!

*10-15 seconds is a good amount of time for both the "Uh-Oh!" round (music off/chasing) and the passing part. When I am about ready to end the game, I drastically decrease the time of the pass/chase rounds for some high comedy!

Protect the Planet-Fun earth day and invasion game activity in which planets (Omnikin Six balls) are held up by a Sportime Sturtee and placed in all 4 corners of the play area. Students get in pairs and will start in one hemisphere and invade the opposite one with a ball. Ultimate rules apply, so the person with the ball can only pivot. Pairs try to advance the ball towards a planet and "take it over" by knocking it off its perch. Defenders of the planet (4 pairs of students that don't start with a ball) try to keep the invaders away by defending passes and/or throws at the planet. If an invasion is successful and the planet is knocked off, that pair switches with the previous protectors and give them their ball. If a throw is blocked or a pass is incomplete as the ball hits the ground, the invaders must leave and invade the opposite hemisphere.

Fun Modifications-One defender can leave the planet area and defend passes anywhere as to keep invaders from getting close to their target! If a defender blocks a pass, they return "home" and switch with their partner who gets a chance to more aggressively defend.

Super Planet-Add a big Omnikin (36"/40"/48") in the middle of the playing area (or spread throughout if you have enough space) and watch as it becomes the favorite target of all the invaders! Allow pairs to "tag team" with another pair in order to protect the super planet!

CATAPULT

Description: Fun fitness game between two teams trying to knock down each other's castles. A school favorite that strengthens the core, gets the heart rate up, and is a blast to play! Teamwork, cooperation, and strategy are involved as well as all three learning domains are addressed.

Equipment: Mats for each catapult, 6-12 Omnikin Six Balls, 30+ gator skin balls or other soft balls (ammo for catapults), approx 60 targets (30 for each side; foam bricks, bowling pins, etc; the bigger the better) 2 noodles

Preparation: Basketball lines can be used for reference points of the game. 2 mats from each side will be 1-2 feet on their side of the halfcourt line (teams strategize on where to place their mats, but always 1-2 feet from the line). Targets/castles are scattered throughout each team's side and must be located behind the foul line and not against the wall. Each team starts with one noodle.

Rules: The catapults will lie down on the mats with their hands above their head waiting to be loaded with ammo. The knights will defend their castles as well as load the catapults. As soon as a knight loads a catapult, student curls up (c/u) and fires the ball with both hands at the top of the c/u towards the opponents' buildings, then lays back down to be reloaded. Knights are in constant movement as they must constantly switch between defense and loading. Knights must defend BEHIND the foul line and must retrieve any ball he/she defends and load it into one of their team's catapults, which keeps them moving most of the round. Knights may carry a MAXIMUM of 2 balls at once. Rounds last 60-120 seconds. When the music stops for 10 seconds, teams rebuild as many buildings as they can as well as switch catapults. Music starts, building stops and return to play. We normally have 1 catapult for every 2 knights and do at least 3 rounds to ensure everyone is a catapult at least once.

Variations: *Add Omnikin SIX Cannon Balls. These balls cannot be blocked by the knights! If a knight touches an Omnikin before it comes to rest, there can be a fitness re-entry task to get back into the game.

*Add Jester to game. This knight carries a noodle and has same powers as regular knight except the Jester can cross over into the opponents' territory and use the "sword" to knock over as many castles before he/she is tagged by an opposing knight. If Jester returns safely,

he/she must give "sword" to someone else in an effort to provide turns for others. If Jester is tagged, they drop the noodle and return back to their side and continue as a knight, leaving the opponents with an extra noodle. KIDS LOVE THIS PART OF THE GAME!

*Allow catapults to be double loaded (2 balls) if all other catapults are loaded at that time

*Let students decide the ratio of catapults to knights. If they want an extra mat, let them have it.

*If Jester returns without being tagged, he/she must give noodle to another teammate to ensure everyone gets a turn.

Giant Marble-Groups of 2-4 get one Omnikin Six ball each and 1-2 gator/play balls. Each group starts outside the basketball court with their ball and must alternate throws at the Omnikin Six ball (aka giant marble) in an effort to travel 1-2 laps around the outside of the bball court. The gator/play balls must leave players' hands when striking the giant marble. If the ball goes into the basketball court, a team member must run and pick it up and place it back in the play area (out-of-bounds area) even with where it exited in essence slowing the team down. *To make the game go faster, each player can have a ball.

*Less play balls, the more teamwork/communication/cooperation as the players must alternate.

Alaskan Rugby (Boot and Run)

- Students are divided into two teams, one of which is at "bat" while the other is in the field.
- One student propels the Omnikin Six ball or Omnikin volleyball, either batting it like a volleyball or kicking a stationary ball. His/her teammates are in a close file behind the batter.
- As soon as the batter puts the ball in play, he/she starts running around his/her team.
- Each time the runner passes the head of the line, the team gives a loud count.
- There are no outs. The first fielder gets the ball, stands still and begins passing the ball back overhead to the nearest teammate who moves directly behind the fielder with the ball.
- The remainder of the fielding team runs to the ball and forms a single file behind it. The ball is passed back overhead with each student in the file handling the ball.
- When the last student in the line has the ball they shout, "Stop!" at this signal a count is made of the number of times the runner ran around his/her team
- Five batters or half the batting team should bat; then the teams should switch places