



# OMNIKIN®

## Activity Guide

our 6 most popular games



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# Kin-ball



## Participants

12-30 participants



## Age

8 years old & +



## Activity type

Team



## Duration

>10 minutes



## Where

Indoor (Gymnasium)  
Outdoor (Grass area)

## Object of the activity

Catch the ball

## Description of the activity

Kin-Ball is played with three teams of 4 players on the field and one ball. One team in possession of the ball (offensive) names the team that will have to recover the hit.

If the named team succeeds in catching and controlling the ball, no points are given and that team has 10 seconds to throw it back to the next team. If the ball is dropped, the other two teams score a point and the offending team then restarts the game.

## How the game is played

When the game starts, one team has possession of the ball. Three players from that team position themselves in a triangle to support the ball and the fourth (who will be the hitter) will then proceed to designation by calling out "OMNIKIN" followed by the color of the team he/she wishes to attack.

He/she will then hit the ball inside the boundaries of the field hoping that the named team will not be able to catch it. The players of the named team will have to catch the ball, control it and take the triangle position in order to allow one of their own to make the hit within 10 seconds.

Play continues until one team drops the ball or commits a fault, in which case both other teams will receive a point. The team with the most points at the time the period ends (if played by time) or reaching the target score first (if played by points) wins the period/game.

There are several other rules that apply, see the official rules for more information.

## Adaptations

In the case of a very large group, it is recommended that a fifth player per team be added to the field rather than adding a team to allow participants to really enjoy the sport.

## OMNIKIN equipment

1 Kin-ball, Pinnies to identify teams, three-team scoreboard



## Participants benefits

Eye-hand Coordination, Eye-foot Coordination, Hand-foot Coordination, Cardiovascular capacity, Team work

## **Activity leader benefits**

Can be played indoors and outdoors, little equipment needed, little preparation time

## **Teaching tips**

Divide the group into three teams and explain in order: how the sport works (3 teams, field boundaries, all team members must touch the ball when hitting), the name, how to hold the ball individually (knee down, buttocks on heel, trunk and head down, arms extended with hands supinated) and collectively (large triangle), and how to hit (push-up pitch, two-armed hit).

Then explain defensive positioning (square around the ball). Then conduct directed play by holding the ball for one or two simulated pitches before letting the participants play. Use soft and flexible refereeing by explaining other rules (misnomer, missing contact, downward slope, too short a throw, time fault...).

# Poison Game



## Participants

12-30 participants



## Age

8 years old & +



## Activity type

Individual



## Duration

>10 minutes



## Where

Indoor (Gymnasium)  
Outdoor (Grass area)

## Object of the activity

Be the sole survivor

## Description of the activity

The game is played on an individual basis but it is possible to make alliances... the saying of the game is: Alliances are made to be broken!

# Poison Game

## How the game is played

Scatter obstacles around the playing area so that participants can hide behind them during the game and explain the different rules to participants.

Once the game begins, participants may end up in the hospital if they are poisoned or in the nursing bay if they commit a violation. When poisoned, participants must stay in the hospital until the person who poisoned them is poisoned or commits a violation.

Once participants have committed a violation, they must remain in the nursing bay for 30 seconds or, if they do not wish to wait, complete a task such as 10 jumping jacks or 5 push-ups. Any participant who is on the way to the hospital or clinic must put their hand on their head to show others that they cannot take part in the action.

## Poisoning

A participant will be poisoned if a ball thrown by another participant hits him/her and he/she is not able to catch the ball before it hits the ground.

A participant will also be poisoned if he/she throws the ball to another participant and the latter catches it before it hits the ground.

## Violations

Walking with the ball: Participants may walk with a ball as long as the ball remains on the ground. The participant may use their fingers to slide or roll the ball (finger dribbling) on the ground. Once the participant picks up the ball from the ground, they cannot walk with the ball. If he/she does, he/she commits a violation and must go to the nursing bay .

**Time Violation:** Once the participant has lifted the ball off the ground to throw it, they have 10 seconds to dispose of it. If they do, they are in violation and must go to the nursing bay.

## Walking with the ball

Participants may walk with a ball as long as the ball remains on the ground. The participant may use their fingers to slide or roll the ball (finger dribbling) on the ground.

Once the participant picks up the ball from the ground, they cannot walk with the ball. If he/she does, he/she commits a violation and must go to the nursing bay.

# Poison Game

## **Time Violation**

Once the participant has lifted the ball off the ground to throw it, they have 10 seconds to dispose of it. If they do, they are in violation and must go to the nursing bay.

## **Double Dribble**

Once the participant has lifted the ball off the ground to throw it, he/she cannot put it back on the ground and start moving again. If he does, he commits a violation and must go to the nursing bay .

## **Color Violation**

Once the participant has thrown a ball, he may not touch that ball again until he touches a ball of another color. If he does, he commits a violation and must go to the nursing bay.

## **Double Ball**

A participant may never touch two balls at the same time. If he does, he commits a violation and must go to the nursing bay.

## **Stealing contact**

A participant may attempt to surprise another by stealing the ball while handling it on the ground, but must succeed without touching the person. If he does, he commits a violation and must go to the nursing bay.

## **Contact to the head**

If a participant throws a ball and touches another in the head, both participants commit a violation and must go to the nursing bay.

## **Adaptations**

It is possible to play Poison Game in teams. If at any time all the participants of a team end up in the hospital or clinic, the team is eliminated. With large groups, it is possible that the game never ends.

In this case it would be possible to award points to participants who poison others or to those who never visit the hospital or nursing bay.



# Poison Game

## **OMNIKIN equipment**

1 set of OMNIKIN® Poison Game (3 balls)



## **Other equipment**

Obstacles scattered around the playing area (jumping horse, field hockey goal, folding mats placed in an accordion, inflatables...)

## **Particular safety rules**

If an obstacle falls, the game stops until the obstacle is replaced.

## **Participants benefits**

Eye-hand coordination, Cardiovascular capacity, Reaction time (reflexes)

## **Activity leader benefits**

Work with very large groups, several variants

## **Teaching tips**

Go with the first rules (Poisoning, Walking, Time, Color) and as situations arise, introduce the other rules.

# Ultimate Rugby



## Participants

12-30 participants



## Age

8 years old & +



## Activity type

Team



## Duration

>10 minutes



## Where

Indoor (Gymnasium)  
Outdoor (Grass area)

## Object of the activity

Score more points than the other team

## Description of the activity

Based on the Ultimate Frisbee rules, two teams compete to score the most points

# Ultimate Rugby

## **How the game is played**

Divide the participants into two teams and designate a touchdown zone for each team at the ends of the gym at least 3 meters deep. Conduct a coin toss to determine which team will take the kickoff. At the time of the kickoff, players from both teams must be in their touchdown zones.

Players from the kicking team must remain in the kickoff area until the receiving team has touched the ball. Once the ball is caught, the team in possession of the ball is on offense and will want to move into the other team's touchdown zone.

**RULES:** A player with the ball cannot walk with it and has an arm's length protection zone for 5 "mississipis". Using passes, the offensive team will attempt to complete a pass to a player with both feet in the opposing team's touchdown zone.

If an offensive player takes more than 5 "mississipis" to complete the pass and is touched by a player of the defending team, there is an automatic change of possession. If a pass is dropped or intercepted, there is an automatic change of possession. A touchdown gives 3 points to the team that scored it. Following a touchdown, the team that scored it restarts the game with a kickoff.

## **Adaptations**

### **Conversion**

Following a touchdown, a team may attempt to complete a conversion (held punt) by touching a target such as a basketball backboard or wall target. A conversion is worth 1 point.

### **Field goal**

At any time, a player of the offensive team can attempt a field goal. To do so, he/she simply hit the ball on the ground and the players of the defensive team must then move away. The kicker will then attempt to kick the ball into the wall behind the opposing team's touchdown zone and the rebound will have to be caught by a player from his team.

If not, the field goal is failed and the opposing team will regain possession of the ball from the spot where the kick was attempted. If the field goal is successful, the team scores 2 points and will restart the game with a kickoff.

# Ultimate Rugby

## **OMNIKIN equipment**

1 OMNIKIN® SUPER



## **Other equipment**

Pinnies to distinguish players from teams, cones to delimit the touchdown zones



## **Participants benefits**

Eye-hand Coordination, Eye-foot Coordination, Hand-foot Coordination, Cardiovascular capacity, Team work

## **Activity leader benefits**

Can be played indoors and outdoors, little equipment needed, little preparation time

# 6 hoops



### Participants

>30 participants



### Age

8 years old & +



### Activity type

Team



### Duration

5-10 minutes



### Where

Indoor (Gymnasium)

### Object of the activity

Complete the task before the other teams

### Description of the activity

6 teams compete and must score in each hoop before the others

## How the game is played

Divide the participants into 6 teams and give them each an OMNIKIN® SIX ball. Scatter 6 hoops in the playing area and group the players of each team around one of them.

In each hoop, place 6 cards of different colors (the same as the SIX). When the game begins, each team must score in all the hoops before the other teams by completing three bouncing passes made by three different players in the hoop. Once a point is scored, the team takes the card of their color and can go attack another hoop.

**Rules:** A player holding the ball cannot walk with it, so teams must move around the gym making passes. It is not possible to interfere with another team's ball; if two teams arrive at the same hoop at the same time, the first team to bounce the ball into the hoop has priority and the other team can wait or attack another hoop while waiting. The first team to get all the cards of its color wins the round.

## Adaptations

Have players work on their basketball skills by using chest passes or bouncing passes to move around the court or allow players to take up to three steps while dribbling. Change the scoring method to catching a pass with one foot on the floor in the hoop. Add a "goalie" to slow down other teams. Add more hoops and/or more teams.

## OMNIKIN equipment

6 OMNIKIN® SIX



## Participants benefits

Eye-hand Coordination, Cardiovascular capacity, Teamwork

## Activity leader benefitst

Work with very large groups, several variants

# Cooperative Transportation



## Participants

>30 participants



## Age

6 years old & +



## Activity type

Cooperative



## Duration

5-10 minutes



## Where

Indoor (Gymnasium)  
Outdoor (Grass area)

## Object of the activity

Carrying the tube as a team

## Description of the activity

In teams, participants will have to carry the tube from the starting line to the finish line according to the instructions of the activity leader.

# Cooperative Transportation

## How the game is played

Divide the group into teams of 4 to 10 participants per tube. Next, determine the start and finish lines. These lines should be at least 3 meters from the wall.

Next, tell the participants how they should move the tube (on the ground, overhead, vertically, etc.) and when the signal is given, they should go to the finish line and back to the start line. The winning team is the one that completes the route first.

**Attention:** All participants must touch the tube during the transport. If the tube falls, the team must simply pick it up where it fell.

## Adaptations

### Carrying the tube flat

on the ground, waist high, on top of the head, with an object on top

### Carrying the tube vertically

rolling on the ground, rolling with a person on horseback

### Carrying in rotation

- flat on the ground, horizontal or vertical with a participant in the center of the tube (the tube spins on itself like a coin)

- Rotate the tube half a turn (180 degrees). Then the tube has a distance to roll. After that, turn it on itself (as in the beginning). In the middle In the middle of the path, go around a cone.

## OMNIKIN equipment

TUBES





# Cooperative Transportation

## **Particular safety rules**

Under no circumstances may a participant stand on the tube. Do not run, as a fall of one participant may cause others to fall and the tube may fall on

## **Participants benefits**

Cooperation

## **Activity leader benefits**

Work with very large groups (>30 participants)

Cooperation: Everyone works together towards the same goal

Can be played indoors/outdoors

Several variants

Very simple to explain

## **Teaching tips**

Provide all the feedback the group needs to be successful, especially at the beginning of the activity. Don't be afraid to say when a participant is no longer touching the ball or if the team should use a different strategy.

After a few tries, communication should take place between participants. At this point, the activity leader can begin to step back to see what the participants are capable of.

# 3 games in 1



#### Participants

>30 participants



#### Age

4 years old & +



#### Activity type

Cooperative



#### Duration

<3 minutes



#### Where

Indoor (Gymnasium)  
Outdoor (Grass area)

### Object of the activity

Cooperate to achieve the goal (make turns quickly, touch the person with the ball, keep the ball out of the person's reach)

### Description of the activity

Participants must move the ball between two concentric circles in order to reach an objective

# 3 games in 1

## How the game is played

Place the participants in two concentric circles about 1.5 meters apart. The participants in the inner circle should be facing outward and the participants in the outer circle should be facing inward. In other words, the participants in the two circles should be facing each other and a ball should be able to move between the circles.

## Start your engines

At the activity leader's signal, participants must (using only their hands) move the ball around the track as quickly as possible. Once the game is understood, record how long it takes the group to complete 2, 3, 5 and then 10 laps.

## Indiana Jones

Ask for a volunteer to stand between the circles opposite the ball at the beginning of the game. When the game starts, the volunteer must run away to avoid being touched by the ball. Do not change the direction of the ball and count how long the volunteer can run before the ball touches him/her. The goal of the other participants is to get the volunteer touched by the ball.

## Planet chasser

Have a volunteer stand between the circles opposite the ball at the beginning of the game. When the game begins, the volunteer should try to touch the ball with both hands simultaneously. The volunteer can change direction as often as he or she wants, so the other participants must work together to keep the ball out of reach.

## Adaptations

Possibility to do it in a relay race (Indiana Jones and Planet Chasser), to use only one hand, to be positioned from the side or from the back (Start your engines)

## OMNIKIN equipment

1 OMNIKIN de 33' or more ball



# 3 games in 1

## **Particular safety rules**

Tell participants that they can only use their upper limbs

## **Participants benefits**

Eye-hand Coordination, Cooperation

## **Activity leader benefitst**

Work with very large groups, can be played indoors and outdoors, little material needed, easy to explain, for all age groups, Cooperation: Everyone works together with the same goal, Many variations, Little preparation time

# OMNIKIN<sup>®</sup>

**Want to see these games in action?**

**Check out our YouTube channel →**

**Rather experience the games yourself  
and discover even more games?**

**Book one of our training session →**

**Any questions related to our games,  
products or trainings**

**Contact us →**