

Title of the activity : Kin ball

For who : 7+
Duration : 15 min
Number of players : 10+
Place : indoor/outdoor

Characteristic :

- fun
- team strategy

Type of game : sport game

Educational interest :

- have fun
- discover a new sport
- build team strategy

Materials :

- big ball 1.5 size

Goal :

This activity permits to discover a new sport and build a team strategy.

Method :

Each team has 4 players. When the game starts, the player at the center throws the ball up while yelling the word "Omnikin" and the corresponding color of a team. The named team must catch the ball before it touches the floor. The catching team must have three players holding the ball from below, each player with one leg bent and with both hands on the ball. The remaining player may stand, then hit the ball with his/her hands while clearly yelling "Omnikin" and the colour of another team which will then run and catch the ball. If the named team does not prevent the ball from hitting the floor, the other two teams are each awarded one point. The ball then goes to the team which failed to score. If a player mistakenly yells the color of his/her own team when hitting the ball, the other teams are awarded points and play restarts.

Games have three periods lasting between 7 and 15 minutes each, depending on the age level of the participants, with a one-minute intermission between each period. At the beginning of each period, the ball is put into play from the center of the gym by the team with the fewest points. The team with the most points at the end of the three periods wins the game. Teams are composed of 4 players (with up to 4 substitutes), all of which wear a jersey or pinny of a different colour, with grey, pink and black being the official colours internationally, except in Quebec where blue replaced pink in 2004.

Link or picture :



Erasmus+

ILTA

Kin ball - France

