

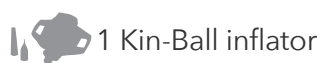
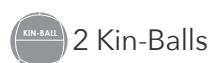
KIN-BALL

WHAT IS KIN-BALL?

Kin-Ball, a team sport created in 1987 by Mario Demers from Quebec, is normally played in a gym. The game is played with **3 teams** of **4 players** and **1 huge ball**. The team in possession of the ball must attack one of the opposing teams by calling out its **colour** and hitting the ball at a strategic place, ensuring that the “named” team cannot recover it before it hits the ground. The fun comes from using tactics to outwit your opponents. Kin-Ball is suitable for all players because it is simple to understand and focuses on cooperation and participation.

▶ Video created by Kin-ball Canada : <https://www.kin-ball.ca/fr/videos.html>

EQUIPMENT



HOW TO MAKE THIS ACTIVITY A SUCCESS



Opt for a game with **3 teams of 5 players** to maximize the participation of each player.



Hit the ball with **both arms** or **both hands** to prevent injuries.



Lower your head when you hold the ball.



On defense, adopt the **waiting position (hands open in front of you)** a distance of 3 m to 4 m from the ball.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo








To play Kin-Ball outdoors, you should use a ball made for the outdoors (blue). Otherwise, play on **days with little wind** to make the game as successful as possible – on a **grassy area** to protect the huge ball.

***Note:** We have used the terms “Kin-Ball” and “Omnikin,” which refer respectively to “KIN-BALL® sport” and “OMNIKIN®.” These are registered trademarks used with the permission of OMNIKIN Inc., which owns all rights.

WARM-UP

THE POPCORN



EQUIPMENT: 1 , some  and some   

OBJECTIVE: Preventing the ball from touching the ceiling, sidelines, and floor.

The ball is a corn kernel ready to pop. Form **4 or 5 teams** (use numbered jerseys). To start, each team takes up a quarter of the court and spreads out. When the instructor throws the ball into the air, the players must keep it airborne for as long as possible. **The ball must not touch the ground or any obstacles – otherwise, the corn will pop!** At this point, all players must be on their stomachs on the ground. The last player to get down on his or her stomach is given a challenge (e.g., one lap around the court) and the game resumes.

VARIATIONS:

- **TEAM CONSEQUENCE.** All members of this player's team are subject to the same consequence.
- **SCORE.** Give **1 point** to the teams that do not have the player at fault as a teammate.

WARM-UP

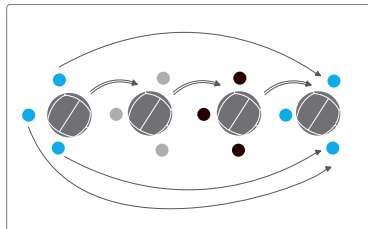
THE CHAIN




EQUIPMENT: 1  and some   

OBJECTIVE: Moving quickly as a team to prevent the ball from falling to the ground.

Place players in **teams of 3 or 4, 2 m apart**. At the signal, the first team throws the ball to the next and runs to the end of the chain to take a lap around the court. The players must do multiple laps. They must stay upright and push the ball to the next team at the same time.








 The ball should not go in a straight line (unless you are completely in sync with your teammates).

TECHNICAL ACTIVITY


COVER THE QUADRANT" DRILL

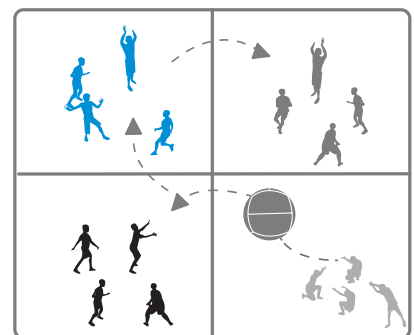


EQUIPMENT: 1 , some  and some   

OBJECTIVES: Catching, controlling, throwing the ball and moving in team of 4 (offense) and spreading out (defense).

Form teams of **4** into four quadrants (marked by cones). **Move the ball** from one quadrant to another without dropping it on the ground. Move to the edge of your quadrant with the ball before throwing it, if necessary. Decide to call the ball (or not). If the ball touches the floor, wall or ceiling, all teams (other than the one at fault) score points.

 To target a specific team, use its name. Shout "OMNIKIN" and the colour of this team. Strike **AFTER** shouting every necessary detail (otherwise, it's a designation fault).



TECHNICAL ACTIVITY

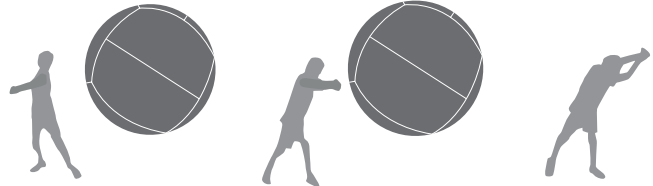
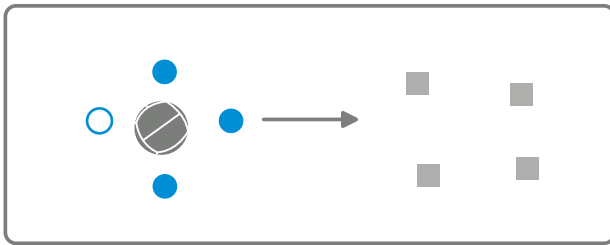
FACE TO FACE



EQUIPMENT: 1 per court and some 12 12 12

OBJECTIVES: Attacking an opponent and catching the ball as a team.

Form **teams of 4 players**. Have **2 teams** with the same skill level work together, **face to face**. They must catch a ball thrown high up (a defensive play) or **throw** the ball in the air, so it's easy to catch (an offensive play).



VARIATIONS:

- Make the throw less catchable (using **hand strikes**) and force the opposing team to change direction (with strikes to the right or left).
- Try **fake outs** to deceive the opposing team about the direction of the ball.



TECHNICAL ACTIVITY

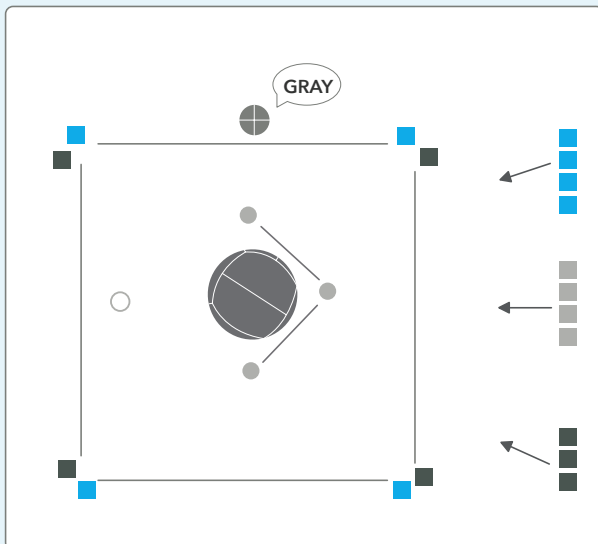
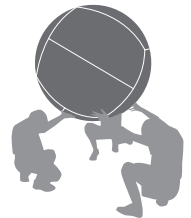
"FOUR CORNERS" DRILL



EQUIPMENT: 1 , some and some 12 12 12

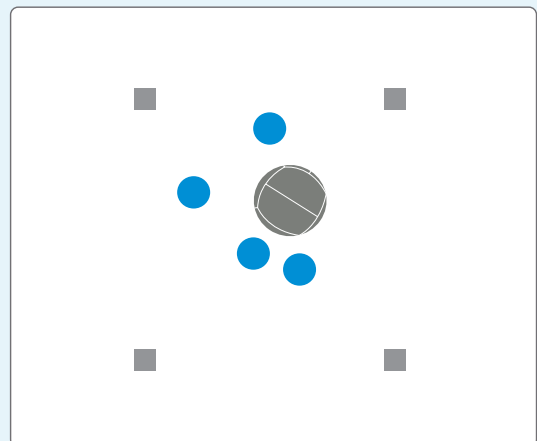
OBJECTIVE: Adopting basic defense set-ups around the ball.

Teams of 4 players face a wall. Assign a number to each player (and to 1 of the 4 corners of the gym). When the player's colour is called out, the remainder of the "named" team moves into **an offensive position, forming a triangle** beneath the ball. The other players move to a defensive position at their **designated corner** (number). The first team to position itself correctly scores **1 point**. Then, the players must go back to facing the wall and start again.



SQUARE

The 4 form a square at 3-4 m around the with 3-4 m between each other.



KIN-BALL IN 8 STEPS



EQUIPMENT: 1 , some , some  and 1 

OBJECTIVE: Learning how to play Kin-Ball and practicing offensive and defensive techniques.

1 DIVIDE THE GROUP INTO 3 TEAMS WITH NUMBERED JERSEYS. Each team has **4 players** on the court at a time (Team A). The other players (Team B) wait for the game to start. Give each player a number (1 to 4).

2 EXPLAIN THE PURPOSE OF THE GAME. Team **colours**, **boundaries** (ceiling, sidelines, floor), naming (OMNIKIN, colour, strike) and **striking** (easy: facing the ball, hitting the bottom centre of the ball with 2 hands; advanced: standing sideways to the ball, striking with both hands linked together and hit the bottom centre of the ball with your forearm).

3 EXPLAIN THE INDIVIDUAL AND TEAM OFFENSIVE POSITIONS

Individual (head down, arms straight, hands facing upwards, 1 knee on the ground)

Team (triangle around the ball, not beneath it)



4 EXPLAIN THE INDIVIDUAL AND TEAM DEFENSIVE POSITIONS

Individual (head up, arms bent, hands in front, legs slightly bent, feet in motion)

Team (in a square about **4 m** around the ball, with the numbers of the players assigned to each corner of the square)



5 SIMULATE STRIKING

Ask one team to stand in the triangle around the ball to support it. A player (1) calls the ball and simulates striking it. The coach holds the ball, helping the named team catch it, and so on. When the players know what to do, let them strike the ball by themselves.

6 SUBSTITUTE PLAYERS

After 3 to 4 minutes, players (B) replace players (A) with the same number. Then, move the ball to the centre of the court.

7 REPEAT STEP 5 WITH THE PLAYERS IN TEAM B

8 PLAY A REGULAR GAME AND EXPLAIN THE RULES THAT HAVE NOT YET BEEN MENTIONED

Flexible refereeing: For a foul, give **1 point to the other 2 teams**. Start over the game with the team at fault

- **Designation fault.** If you strike before shouting the colour or if one word is missing from the necessary designation sequence.
- **Missing a contact.** When striking the ball, 1 of the supporting player's hands is not touching the ball.
- **Throw too short.** The ball must be thrown at least 2 m to qualify.
- **Dropped ball.** If the ball hits the ground before the called team catches it.
- **Out of bounds.** If the ball falls outside the boundaries of the court.
- **Obstruction.** If a player on a team other than the named team touches the ball (interferes with the catch).



For more details on **Kin-Ball** leagues in your area, visit the RSEQ website.

RSEQ.CA