

# FAST and Furious Omnikin Activities

Thursday, 1 PM Hall C

11-30-23 TexAHPERD

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**Get to know your neighbor!** Large group passing, throwing and kicking play time  
Please make eye contact and use hand gestures before passing. Learn people's names!

**Reverse Blob Tag using giant Kin-balls - groups of 6**

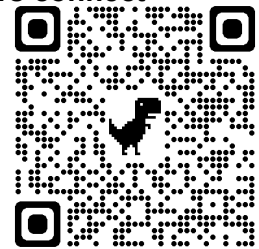
Contact with the ball breaks groups of 6 into threes. When 3s make contact w/the ball, they become a single and pair. Singles pair up together and pairs connect with other pairs. Make the biggest blob line possible.

**Powerball & Indiana Jones - Omnikin's classic circle games**

**Kin-ball strike and catch relay - groups of 6**

a lead-up game to the International 3 team game of Kin-Ball

Participants will learn how to properly strike, catch and setup for successive strikes



**Field Goal Wall Bounce - using the Omnikin Super (footballs) groups of 6**  
Snapper, Holder, Kicker - everyone does each job

**SPaCeR Punt Returns - using the Omnikin Super (footballs) groups of 3**  
Snap, Punt, Catch & Return - snapper tries to tag returner, one hand touch

**Caterpillar Relays - using the Omnikin 6 balls ([detailed handout link](#))**

Inclusive, cooperative activities that add the thrill of competition and can be used for large groups indoors or outside.

**Court Ball - using the Omnikin 6 balls**

Small groups of 3v3 or 4v4 where volleyball with bounces is played on a tennis court

**Body Squeeze Relays - using the clear Fit balls - groups of 6**

Partners face each other & exchange the ball to another pair w/o using hands  
On second turn, partners face AWAY from each other

**3 person Atlas carry using 4' Kin balls - groups of 6**

the ball only touches their backs, or hands, or heads, or other options?

**Fassen-ball ([video link](#))** Fassen-Ball is played with 2 teams of 5 players on the field with one ball. To score a goal, the ball has to cross the goal line between the two goalposts and the crossbar. The players must move the ball with their hands.

Please share pictures and videos on social media: Twitter/X, Instagram & Facebook

Please tag: @TexAHPERD, @OmnikinOfficial & @JohnJonesPE

**YES!** I will provide a FULL DAY professional development session in your school system. Book a date today! The 2024 calendar is filling up. See you in Cleveland!