



Scan to have a copy of the session handout

Fast & Furious and Omnikin Fun for Everyone!

Thursday 1045 AM

Southbury AB

Friday 12 noon

KIN-BALL Activities:

Reverse Blob Tag - Contact with the ball breaks groups in half. Singles pair up together. Pairs connect with other pairs. 4s group to make 8s.

Powerball & Indiana Jones - Omnikin classic circle games (*DbI Powerball*)

Corridor - Down the Line - easy game for multiple groups to play together

Kin-Ball BLAST - groups of 6 - a lead-up game to the 3 team game of Kin-Ball
Participants will learn how to properly strike, catch and setup for successive strikes

Omnikin 6 Balls:

Court Ball - 3v3 or 4v4 where volleyball with bounces is played on a tennis court

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.

Body Squeeze Relays - 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

Double Poison: Air (Moon) Ball vs Multi-Color vs Omnikin 6



Andre Rueda

CT, MA, MD, NJ

[855-851-2632](tel:855-851-2632)

andrereda@gophersport.com

Schedule a meeting with me!

Omnikin sales or replacement parts?

Contact Andre Rueda.

Please tell him **John Jones PE** says HELLO!