

OMNIKIN[®]

Cooperative Games

Popcorn Machine



- Lying on their backs, participants form a large circle with their feet up towards the centre of the circle. They represent the popcorn machine.
- All the available OMNIKIN[®] balls are then thrown into the circle. They are the corn kernels in the machine.
- The purpose of this game is for the players to keep the corn kernels in the machine for as long as possible, using only their feet.
- Once a kernel is out of the machine, the teacher decides whether or not it should go back in.
- Hands are not permitted.

Variants:

- Two lines are formed (seated and facing each other at about 6 feet apart).
- An OMNIKIN[®] ball is thrown in-between the lines and the players try to hit the ball over the other team's line.
- A point is scored each time the ball falls in the opposing court. This can only be done by throwing or kicking the ball that is in front of the player.
- However, 1 player per team takes the role of guardian and takes his or her place behind his or her team's line of cannons. This player can catch the ball and give it back to the cannons.
- The guardians are changed whenever a point is scored.
- A question frequently asked by children when they first see the OMNIKIN[®] balls is, "Can I kick it?" The answer is "yes". This game gives them a chance to kick the ball as often as they want to and to do so in a safe way.

Danger zone



- 2 equal-sized groups are facing each other, each one standing on a line at about 15 feet away from the other.
- The OMNIKIN[®] balls are divided equally between the 2 teams. The ball size doesn't matter, only the number of balls on each team (the more the better). One player from each team is selected. Usually, it is the player at the beginning of the line.
- The 2 selected players will then have to run through the danger zone (between the 2 human lines) without getting hit by an OMNIKIN[®] ball.
- Once they get through, the 2 runners go back to the end of the line and are replaced by 2 new runners.
- Everyone gets a turn to run through the danger zone. No scoring, just plain fun. There is not much danger of someone getting hurt.
- OMNIKIN[®] balls over 33" must be rolled on the ground while those less than 33" can be thrown. However, the balls should not intentionally be aimed at someone's head.
- Participants must stay on their line to catch and throw the ball. Even if players get hit, their run ends only once they are through the danger zone. The two players running through the danger zone can hold hands.

Grasshopper



- This game simply consists of bouncing on the OMNIKIN® AIR ball while imitating a grasshopper.
- With the ball between his or her legs, the participant tries to bounce on it for a certain distance.
- If more than one OMNIKIN® AIR ball is available, it would be interesting to consider a short race, or even a relay.
- The use of hands is allowed to help keep one's balance, but never to squeeze the handle on the OMNIKIN® AIR ball.
- A player can get back on the ball with no penalty if he or she falls off.
- Once the participants are used to it, they might try bouncing backwards, sideways, or even through an obstacle course.
- A good teaching tactic is to emphasise keeping a straight back and keeping the centre of gravity on top of the ball and not in front of it. The results will come almost instantly and it's a great way to mix sports and academics.
- This activity can be done only if the child is capable of trapping the ball between his or her legs. The players should use a gym mat when first starting this game because they sometimes find it difficult to maintain their balance and tend to fall forward.

Tag Ball



- 2 X 2
- The object of this game is for the "tag team" to touch another duo with the OMNIKIN® ball so that they, in turn, will become the tag team.
- The two players in a duo stay together by locking arms at all times.
- The ball should always stay in contact with the floor and the tag team must roll the ball.
- All duos must be constantly moving.
- The teacher can help the tag team touch another team.
- Any other kind of known tag game can also be played.
- This game is often used as a warm-up exercise to get everyone alert and ready for more action.
- For security reasons, players must follow these rules:
 - 1) Know where the ball is
 - 2) Stop at the sign of danger
 - 3) Keep their head high to see where they are going

FIND 10 COOPERATIVE GAMES TO PLAY WITH YOUR OMNIKIN® BALL ON:

www.omnikin.com (CLICK ON "GAMES" SECTION)

25 GAMES ARE PRESENTED IN THE "COOPERATIVE GAMES MANUAL"

For a training-session on the OMNIKIN® cooperative games:

☎ 800-706-6645 📠 418-832-6932 📧 service@kin-ball.com

📮 P.O.Box 45009, Charny (QC) Canada G6X 3R4

