



### **DOUBLE CIRCLE**

A group forms two concentric circles, the players that make up the inside ring facing those who form the outside circle.

- 1) Have the players pass the ball between the two circles as many times as possible within a certain time.
- 2) Position a player between the two circles who runs to touch the ball while it is being passed around.
- 3) Have the group use the ball to try to tag a player running between the circles.
- 4) Have the group form two sets of concentric circles, each with its own ball. The groups race to see which one can do a set number of laps in the shortest time.

### **BETWEEN THE LINES**

- 1) Players form two lines facing each other. Each line is given several balls. Four players then try to run the length of the two lines without being tagged by the balls being thrown at them. Balls must not leave the ground.
- 2) Give each player a number, place two balls between the lines and call out two numbers at a time. The players whose numbers are called run for the ball, then race back to their line with the ball between them, hoping to be the fastest team.

### **TAG CIRCLE**

A group of players form a circle around three other players. Players push or hit the ball along the ground with their hands in an attempt to tag a player in the middle of the circle. If a player tags someone in the centre, he or she takes that person's place. Players in the centre of the circle try to avoid being tagged.

### **TAG BALL**

Players pair up and must hold hands (or ring) or hook elbows. To start, two pairs are each given a ball and then push or hit the ball along the ground with their hands to try to tag other pairs with the ball. Pairs in possession of the ball do not have to stay together. When a pair is tagged or let go of each other, it becomes their turn to tag the others.

### **COOPERATIVE CORRIDORS**

Have the group form four lines in order to create two corridors. Players from each team move the ball from one end of their corridor to the other, in different positions; standing up, seated, lying down, back to back, or using different methods; with the hands or the feet, rolling the ball, in the air or dribbling.

### **NO HANDS**

Four to six players practice handling the giant ball, preventing it from touching the ground without using their arms or hands. Techniques can include use of the head, the back, the chest or the feet, or the use of positions such as the wheelbarrow, stretcher, horseback, etc.

### **MOON WALK**

A group of 4 to 6 players cooperate to help a team mate, crouched on hands and knees on top of the ball, to roll it backwards. Another player walks facing the team mate who is on top of the ball to help the player stay on the ball. The others position themselves around the ball, helping the moonwalker to stay balanced on the ball while it is in motion.



### **OMNIKIN® SIX 6 BALLS- 6 COLORS-6 TEAMS**

Form six teams, each with its own ball and unique coloured plinnies.

#### **SPORT CIRCLES:**

Positioned in a circle, participants pass the ball around as long as possible using the techniques of sports like volleyball (touch-forearm), soccer (head-feet), Ping Pong (hand, 1 bounce), basketball (dribble-pass) or Haki-sac (feet in the air).

#### **SIX CHALLENGES:**

Teams rotate through six challenges; passing the ball from mat to mat, moving forward by bouncing seated on the ball, using sticks to handle the ball, playing handball against a wall, kicking the ball through a hoop, using hockey or lacrosse to travel the ball. Teams win points at each station.

#### **SCORE IN SIX HOOPS:**

Position 6 hoops on the ground. A goalie for each team guards the hoops. The first team to catch his ball in all the other team's hoops wins. You could add one defence per team to intercept.

#### **KICK AND PASS:**

A player begins by kicking the ball to his team mate who must then make 6 additional passes, each to a different player, before returning the ball to where it was first kicked from. The game then continues with another kicker. First team that every players kick, wins the game.

#### **TAG COLOR:**

A player positioned in a hoop on the ground tries to tag other players by hitting them with a ball of any colour. Tagged players must sit down but can be freed if a team mate passes a ball with the team's colours to the sitting player.



### **OMNIKIN® BASKETBALL**

- 1) Points are scored when a ball is thrown through a hoop being held by a player moving around in the Basketball key.
- 2) Other game, points are scored when a player catches a ball thrown by team mate on the rebound from the opposing team's wall or backboard.
- 3) Other option, points are scored by throwing a ball that hits the wall above the shoulders of the 3 goalies guarding the opposing team's wall.

### **OMNIKIN® AIR VOLLEYBALL**

- 1) 4 square volleyball with 4 teams or add a fifth to replace team who does not catch the ball.
- 2) With the teams facing each other, players form two rows seated. 3 players from each team stand behind the seated rows. Seated players kick the ball over seated rows in front of them and must try that standing players do not catch it.

### **OMNIKIN® SUPER BALL (FOOTBALL)**

- 1) To start, a player passes the ball between his legs to a second player who hold the ball for a third player to kick it. The receiving team must pass the ball to each one of its players before passing to the other side of the line of scrimmage in an effort to score. Passes may be intercepted, but you cannot take the ball from someone who is not running with it. If a player is running with the ball, and an opposing player pulls off this player's flag, the ball is awarded to the opposing team. A kick-off takes place after a point is scored.
- 2) Other game, each team has a ball, 3 players make continual kick-offs. Each time the ball is caught in the air, the opposing team gets 1 point, 2 points if the ball is caught off a bounce.