

King Ball is our modified version of Kin-Ball, which is a team sport created in Quebec, Canada in 1986 by Mario Demers, a physical education professor, in which the main distinctive characteristics are the big size of the ball (about 1.5 meters of diameter) and that the matches are played between three teams at the same time instead of traditional one-vs-one like the most of the team games. The International Kin-Ball Federation counts 3.8 million participants, primarily from Canada, the U.S., Japan, Belgium, France, Switzerland, Spain, Germany, Denmark and Malaysia.

Note: The King Ball is not made to the same specifications as the official Kin Ball. Due to the modified nature of our King Ball, lying on the ball is not suitable and only light tapping with the feet is advised. The bladder used will not withstand full kicks by players.

### THE GAME: OBJECT OF THE GAME

To serve the ball to one of the opposing teams in such a way that the receiving team will not be able to catch the ball before it touches the ground. For the receiving team, the object is to lift the ball upward before it touches the ground.

### THE MATCH

- A match is 3 x 15mins periods
- The team with the most points is the winner.

### EQUIPMENT

- 1 x Nyda King Ball - 1m diameter
- 3 x Sets of Bibs – Red, Blue & Gold

### TEAMS

3 x Teams of 4 players (at least) Official colours in King Ball – Blue, Red & Gold There must be 3 teams on court at the same time each with 4 players.

### THE GAME

The serve – 3 players on a team must underneath the ball and support it with their hands, the fourth player then serves.

The players on the other 2 teams are positioned in each corner of the gym; defending players try to keep a square around the ball in order to get to the ball quickly.

Before the serve the server shouts KING followed by the colour of one of the opposing teams, and then hits the ball with 1 or 2 arms in an upward direction. The team is is nominated must receive the ball.

The receiving team must control the ball before it touches the ground. Any part of the body can be used but the ball must not be trapped by the arms or grabbed by the opening.

If the nominated team drops the ball a fault is committed and both other teams get a point. If they catch the ball the game continues with a serve.

If the ball is dropped the game is restarted by a serve to the faulted team.

Every fault committed means a point to both other teams.

A fault is also committed if a ball is served downwards or horizontally, a serve hits the wall or ceiling, a serve does not cover 6 feet, player hits the ball twice or is a ball goes out of bounds off a receiving player.

### STRATEGY

Speed – A fast game is a good game. The ball should be served quickly to catch other teams off guard and out of position.

Teams should serve the ball to leading teams to get the commit faults.

### ACTIVITY IDEAS

#### CIRCLE 'KING' BALL

Form a large circle of students and then an inner circle of 4 students. Start off by getting the King Ball traveling in a clockwise direction around the circle. Once this can be done fairly well you can introduce a runner into the circle. They have to try and get out of their spot in the circle and run around the inside of the circle without being run down by the King Ball.

#### TUNNEL 'KING' BALL

Students form 2 lines facing each other about an arms width from the person next to them and about 2 metres from the person opposite them. One person is located at each end of the tunnel. Start with students getting the ball from one end to the other at speed. Then try it with the ball above the heads of the students. Finally, get the students to lie on their backs with their feet pointing towards the centre of the tunnel. Try passing the ball down the tunnel using feet only.

#### SUMO 'KING' BALL

Good as part of a rotational activity. Using the centre circle of the basketball court, ask the kids to pair up with a friend of similar size. The ball starts in the centre and the students push the ball against each other to try and get their partner out of the circle.

#### VOLLEY 'KING' BALL

Adapt your volleyball / newcombe ball with the King Ball for a fun different game.

#### CRAB 'KING' BALL

Crab Soccer using your King Ball.

#### SCOOTER 'KING' BALL

Use your scooter boards to play scooter soccer using the King Ball.