

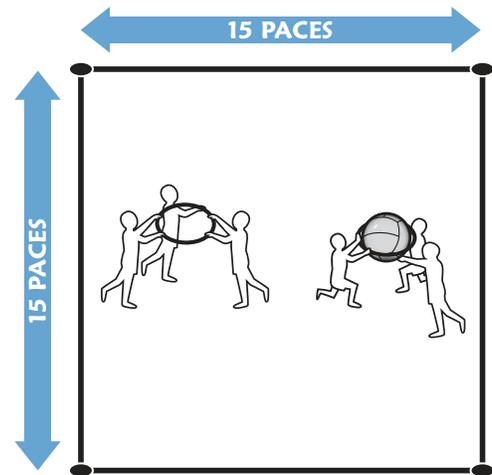


## Prep

- 4 spot markers per 6 students (for boundaries)
- 2 hoops per 6 students
- 1 OMNIKIN® UltraBall or Kin-Ball® (36" or larger) per 6 students

## Set

- Create small (15X15 paces) grid per group of 6.
- Form 2 groups of 3 in each grid; each group holds a hoop, Kin-Ball® starts in 1 of the hoops.



## Teach

1. Today you are going to play *Kin-Ball® Cooperative Golf*. It is a lead-up game to *Kin-Ball® Sport* – a game that originated in French-speaking Canada. The object of *Kin-Ball® Cooperative Golf* is to serve the ball into the other group's hoop and score a "hole-in-1."
2. On signal, the Receiving Group (with the empty hoop) moves 10 paces away from the Kin-Ball®.
3. Serving Group (with Kin-Ball® balanced in hoop) drops to 1 knee, hoop held high overhead. The serve is made when the Server (1 player), lets go of the hoop and punches ball toward the target hoop. To do that, close both hands into fists with thumbs up, and join hands at thumbs so knuckles touch each other. Keep wrists strong and punch from low to high, hitting ball with front, flat surface of knuckles.
4. Receiving Group moves together to catch the Kin-Ball® in their hoop.
5. Switch roles and repeat in the other direction. Rotate Servers each round.
6. (Allow plenty of time for students to play.)
7. **Cues**
  - Work together to move your hoop to the ball.
  - Server, serve the ball up with a punch from low to high, hands together and strong.
8. **Challenges**
  - How many "hole-in-1" catches can your group make before the signal?
  - How many serves can your group make before the signal?
9. **Think About...**
  - What other sport uses a skill similar to the Kin-Ball® serve?
  - How can the volleyball skills you have learned be used to help you learn the Kin-Ball® serve?

# KIN-BALL® COOPERATIVE GOLF

## EXTENSIONS

### **Pedometer Check**

(Need 1 pedometer per student.) Wear a pedometer while playing. How many steps can you take during the lesson? Compare your results to other games you've played.

### **Heart Rate Check**

(Need 1 heart rate monitor per student.) Wear a heart rate monitor while playing. What was your average heart rate during the lesson? Compare your results to other games you've played.



## WELLNESS INTEGRATION

Golf is a great way to add activity minutes to your day, but when you're learning it can get frustrating fast. Even pro-golfers can get pretty frustrated. Captain and Crew is a great way to keep golf fun. Play with 2 to 4 crew members. Knock the balls toward the hole. The closest to the hole is the captain. Everyone else moves their ball to where the Captain is. Now, everyone shoots from the closest spot.



## STANDARDS ADDRESSED

### **National PE Standards**

#### **Movement/Skills:**

Underhand serving pattern, catching

#### **Fitness:**

Upper body strength

#### **Personal/Social:**

Communication/cooperation, appreciation of diversity, accepting challenges

#### **Your State** (Write in here)

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## TEACHING TIPS

- Teach a 2-handed straight punch to avoid injuries to wrists, arms and hands.
- Emphasize cooperation and communication between the Serving and Receiving Groups.

### NOTES

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