METHODOLOGY FOR KIN-BALL COACHES AND PHYSICAL EDUCATION TEACHERS

KIN-BALL

A TEAM SPORT FOR EVERYONE



What is Kin-ball



Kin-ball in action ⟶

Kin-ball is a team ball sport. It originated in Canada in 1986 in response to the needs of modern times – people are not getting enough exercise and are looking for alternatives to traditional sports. Kin-ball is relatively physically demanding, yet it does not require lengthy training to learn the basics. After a 15-minute explanation of the simple rules, you're ready to get started.

In the recreational version of kin-ball, young and old, women and men, the young and the elderly can all have a brilliant time playing together... With regular training, further possibilities and advanced techniques are then revealed. The competitive version of kin-ball is a strategic battle, just like other sports. One thing is certain – once you've started and found a good team, you'll be hooked on kin-ball.

The aim of kin-ball is to hit the ball with your hands so that the defending team cannot catch it and it falls to the ground within the designated area. The defending team tries to prevent this and catch the ball. If they succeed, they become the attacking team. This continues round and round until the ball hits the ground or another error occurs. However, kin-ball is played by three teams at the same time, so the team taking the shot must shout out the colour of the team that is supposed to catch the ball before they hit it.

What you need to play

- Ideally 12 players – 3 teams of 4 players each. The minimum number of players is 8 (2 teams)
- The playing area measures 20 by 20 metres. However, the game can also be played in a smaller area, depending on the facilities available
- A kin-ball with a diameter of 122 cm. A pump for inflating it
- Distinctive kits (ideally white/grey, blue or black)
- Scoreboard
- A basic understanding of the rules (takes about 15 minutes to learn)







The main advantages of kin-ball

- Every player is in motion for around 72 per cent of playing time
- The principle of kin-ball is based on girls and boys playing together
- Simple rules and straightforward preparation for the basic game
- Kin-ball is about cooperation all players, and rules out blatant individualism
- No sporting talent is required, but even top-level athletes will enjoy it
- An unconventional, spectacular sport that captures the imagination. Also suitable as a complement to other sports
- Low financial costs involved in playing kin-ball

KIN-BALL

a team sport for everyone

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   (game flow, basic rules)

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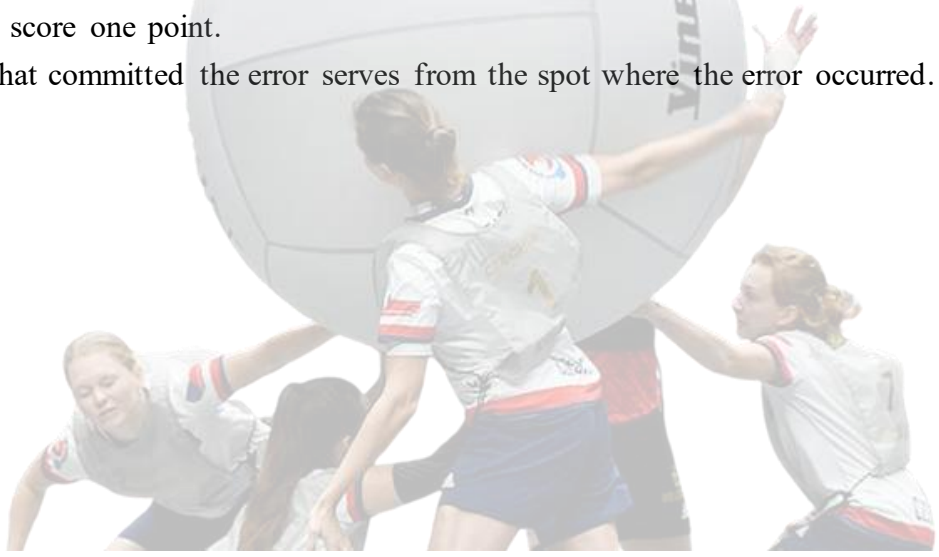
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1. Basic principles of the game

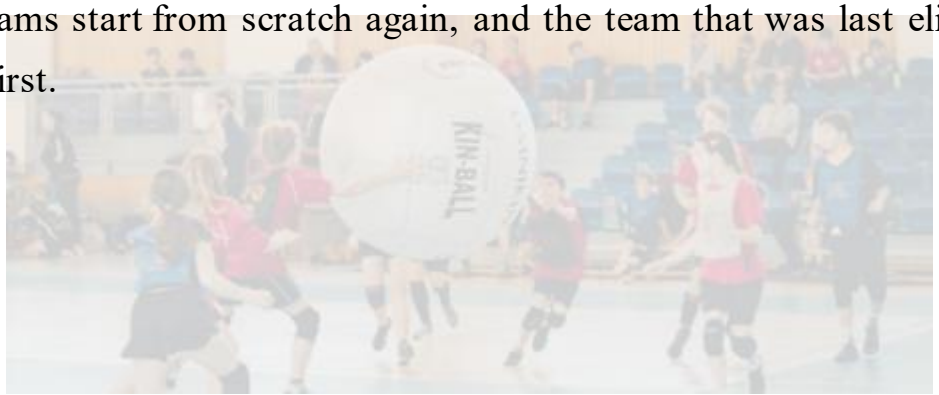
The course of the game

- Three teams, each distinguished by a different colour (the official colours are blue, black and white), play against each other at the same time.
- Each team has four players on the court.
- One team attack (serves), whilst the other two teams defend (receive).
- The defending players form a defensive square around the ball so that the ball is in the centre, with each player standing in one corner of the square, approximately 3 metres from the ball.
- This square constantly follows the movement of the ball so that the ball remains in the centre and the players are always the same distance from it. The players maintain their position in the corner relative to the ball and a distance of approximately 3 metres.
- The game begins with a serve by the attacking team.
- During the serve, three players from the attacking team touch the ball, whilst the fourth player hits it.
- Before the ball is hit, one of the attacking team's players must call out 'Omnikin' and the colour of the team they are attacking, e.g. 'Omnikin, blue!' This call is known as the 'call'.
- The server must always wait for the referee to repeat the colour aloud before serving.
- The aim of the server is to hit the ball so that the opponent cannot catch it and at the same time, it lands within the designated playing area.
- The playing area is usually bounded by lines, or walls, as well as the ceiling and other fixed objects.
- The team that has been called upon must catch the ball before it touches the playing surface.
- The team that has not been called upon must not obstruct the team catching the ball. If the defending team catches the ball, it becomes the attacking team and hits the ball.
- If the defending team fails to catch the ball (the ball falls to the ground), the other two teams each score one point.
- The team that committed the error serves from the spot where the error occurred.



Basic rules

- After being hit, the ball must travel at least 3 metres (measured from the centre of the ball at the moment of impact to the centre of the ball upon landing).
- The ball must rise upwards for at least part of its flight, typically immediately after being struck (the ball must not go straight down to the ground).
- During a serve, three players from the team must touch the ball, whilst the fourth hits it.
- Players from the team that has not been called upon must not obstruct the receiving team from catching the ball (e.g. when 'Omnikin, black!' is called, players from the white team must not obstruct the black team from receiving the ball).
- If one team is in the lead, the teams in second and third place must attack (serve) against that team.
- If the leading team is serving, it must attack the second-placed team.
- If there are two teams tied for the lead, they attack only each other until the score is level.
- Kin-ball is played in winning sets. The length and number of sets are adjusted to suit the time available.
- Usually, a set is played to 11 points. As soon as one team reaches 8 points, all teams may attack any other team (the rule about attacking only the leading team no longer applies). Subsequently, when one team reaches 9 points, the team with the fewest points at that moment is temporarily eliminated. The remaining two teams play on to 11 points to decide the set. In the next set, all three teams start from scratch again, and the team that was last eliminated serves first.



2. Attacking techniques

A) Hits

According to the rules, a valid hit must fulfil two criteria:

- the ball must travel at least 3 metres after being hit (measured from the centre of the ball at the moment of impact to the centre of the ball upon landing),
- the ball must fly upwards for at least a short while (typically right at the start).

Usually, the most effective shot is one that is powerful and flies slightly upwards. That is why you need to strike the ball with maximum force slightly below its centre.

To achieve a sharp and effective shot, you need to utilise your body's strength, the momentum gained from your run-up, and rotation from your hips. Your hands are merely a tool. The movement is similar to throwing a tennis ball.

The safety of the batter is also important, as described for each type of shot. This applies particularly to children.

Two-handed push-off hit

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Two-handed hit (baseball style)

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- The most accurate hit, ideal for beginners. The mechanism is similar to that used in baseball.
- The player stands sideways to the ball. They clap their hands and clasp them firmly together. Do not interlace your fingers!
- The arms are outstretched at shoulder height. The centre of the ball is at shoulder height.
- The player takes a hit and, using body rotation, strikes the ball slightly below its centre. The ball is struck with the forearm (not the elbow, not the end of the arm – there is a risk of injury).
- For greater efficiency and power, the player can take a step forward with their front foot before striking the ball, followed by a run-up.
- The front foot should end up level with the edge of the ball. If it is behind the edge, the shot will be poor and the ball will go high. If it is far in front of the edge, the ball will go low and there is also a risk of injury.
- It is neither a golf hit nor a volleyball 'dig'.
- SAFETY: Do not interlace your fingers; keep your arms slightly bent and do not loosen your grip.
- FOR ADVANCED PLAYERS: A sharp shot that drops quickly – known as a 'drop' – is usually the most effective. To achieve this, you need to impart topspin to the ball as you hit it (similar to tennis, baseball pitches, etc.). When hitting a baseball, the player imagines that there is a smaller ball inside the large kin-ball. The moment they strike the large ball, they continue moving forwards, and when they reach the smaller one inside, they bend their arms at the elbows and raise them upwards. This gives the ball the necessary spin.



One-handed hit

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- The most powerful hit, suitable only for advanced players. There is a risk of injury if performed incorrectly.
- The same mechanism as when throwing a ball, playing handball or other hit-based sports.
- In the starting position, the player stands slightly sideways to the ball. If hitting with the right hand, they stand with their left hip facing the ball, and vice versa. At an advanced stage, a run-up can be added.
- Before the shot, the player steps forward with their front foot and plants it firmly at the same level as the edge of the ball. They take a backswing and continue rotating their whole body through to the shot.
- The hitting arm, torso and back foot all move forwards simultaneously.
- The player directs the greatest force of the stroke slightly below the centre of the ball. The first and main point of contact between the arm and the ball should be in the area of the bicep to the forearm (no lower!). The rest of the arm then makes contact gradually.
- At the moment of impact, the arm is fully extended and the fist is clenched. If the ball had a clock face, the hand would point to approximately 1–2 o'clock (for right-handers) or 10–11 o'clock (for left-handers).
- Even after the shot, the player continues to move forwards; the back foot completes the step, the body leans forwards, the arm completes the arc and the fist continues onto the thigh of the front leg.



Common mistakes when hitting with one hand

- SAFETY: Do not hit with the end of your arm, as this risks painful injury. The hit and initial contact with the ball must come from the bicep, with the lower edge of the forearm making contact. The closer to the shoulder, the safer it is – in case the ball moves suddenly.
- The player is too close to the ball, with their front foot well behind the edge of the ball – the shot goes high or off to the side, and sometimes the player hits the ball with their face.
- The player is too far from the ball and hits whilst leaning forwards – the shot goes low or the player hits the ball with the end of their arm, which carries a risk of injury.
- The player does not strike the centre of the ball cleanly – the ball flies off course or spins to the side.
- The arm isn't straight, the palm isn't facing the ball, the arm is too high or too low, and the body is leaning too far to one side.

Advanced types of hits and tricks

1. The player's body continues to move forwards after the shot. It does not stop in front of the ball. The player tries, both figuratively and literally, to pass through or go past the ball. To achieve this, it is advisable for the players holding the ball to form what is known as a 'corridor' (see below – ball-holding corridor).
2. At the moment of impact, the player is usually as upright as possible – both horizontally and vertically. The muscles in the arms and abdomen are tensed, but not in a spasm.
3. The most effective shot is usually one that flies sharply and then drops quickly – the so-called 'drop shot'. To achieve this, the ball needs to be given topspin at the moment of contact (similar to tennis, baseball pitches, etc.).
    a. When hitting a baseball – the player imagines that inside the large kin-ball is another, smaller ball. The moment they strike the large ball, they continue moving forwards, and when they reach the smaller one inside, they bend their arms at the elbows and raise them upwards. This gives the ball the necessary spin.
    b. When hitting with one hand – When the hit is executed correctly, as described above, the ball spins naturally. It is important that the player continues to move their body and arm forwards after making contact. Spin will not occur if the arm freezes in the air after touching the ball.
4. If a player wishes to lob the ball over an opponent, they must crouch or lower their arms and aim the stroke well below the centre of the ball. The same applies to side spins, where the main stroke must be directed to the side of the ball's centre.
5. The ability to hit with both the left and right hand is highly valued, as it makes the player harder for opponents to read. The same applies to hitting a baseball to both sides.
6. The baseball hit is suitable for accurate, shorter hits. It is also suitable when attempting a quick hit, as it does not require a large backswing.

In the pictures, the players are hitting the ball with both hands towards the centre and finishing their arm movement upwards.





Lob shot

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A lob shot is executed in the same way as a one-handed or two-handed shot. The only difference is that you aim to strike the ball below its centre. The movement of the hands after striking the ball and the movement of the hips during the shot remain the same. It is used when a defending player is very close.

B) Holding the ball before the shot

Basic ball hold in the box – triangle (three players)

Three players form a triangle beneath the ball by sitting on the heel of one foot, with the knee not touching the ground; they hold the ball with outstretched arms, palms facing upwards, and their heads tucked between their arms below the level of the ball. It is important that neither the palms nor the head are in the ball's path. The fourth player stands ready to hit the ball. The centre of the ball is at the level of the striker's shoulders.









Holding the ball – the 'corridor' (three players)



Two players sit facing each other and hold the ball firmly between them; the third player sits down close to one of the players, creating what is known as a 'corridor'.

Purpose: the batter has more space to move and can hit the ball straight from a run more easily, as they can use their full body strength and run through the corridor.





Three players hold the ball; one runs towards it and the player opposite, who was ‘under the ball’, hits it

Usually, the player running towards the ball hits it, whilst the remaining three players hold it. However, they may run up and call out the name of one of their seated teammates, who then stands up and hits the ball in the opposite direction, thereby confusing the opponents.

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Two players holding the ball

Two players hold the ball facing each other; the third and fourth players run towards each other to hit the ball (so that they can see each other). The third player (the dummy batter) merely touches the ball, after which the fourth player hits it.

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One player holding the ball

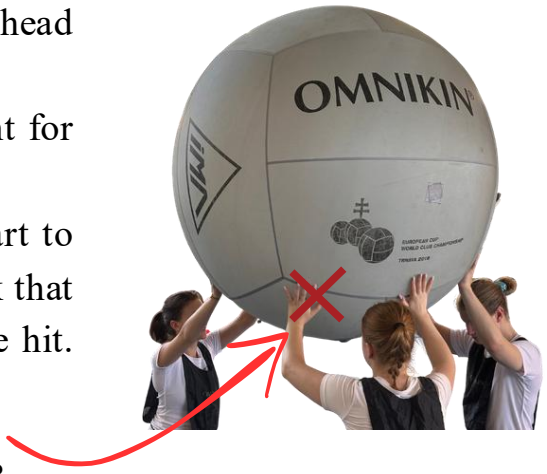
A player holds the ball above their head with their palms facing upwards, whilst squatting. Their head is below the ball. The three remaining players run towards the ball, each from a different direction; the two fake batters touch the ball before the hit, and the fourth player hits it.

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Safety when holding the ball

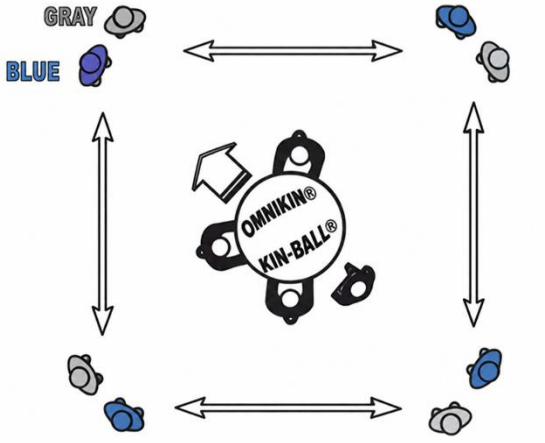
- The ball must always be held so that no part of the body is in the path of the shot. This means that both the fingers and the head must be below the ball.
  - This rule is particularly important for younger children!
- The ball must remain stable from start to finish. If the ball moves, there is a risk that the players will not touch it before the hit. The risk of injury also increases.



3. Defensive techniques

A) Basic defensive formation

■ Defensive square



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Teams in defence form a defensive square, with a player of one colour standing in each corner, 3 metres from the ball. As the ball moves across the pitch, the defensive square moves with it so that the ball is always in the centre of the square.

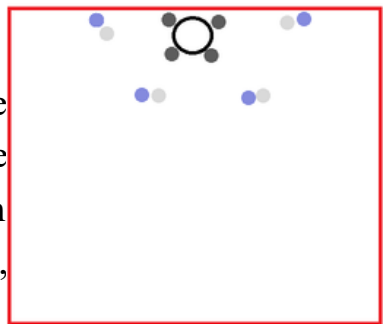
✗ Common mistakes:

- Failure to maintain the square.
- Large gaps between players because they are too far from the ball.

■ Defensive positioning on the line

Trapezium

Two players are standing by the touchline, facing the court. The remaining two players stand on the pitch closer to each other, forming a trapezium.



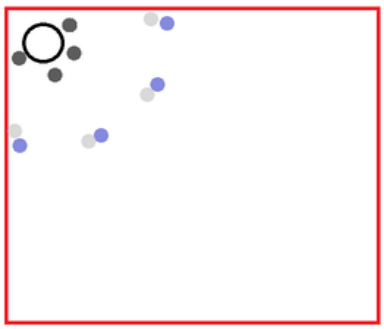
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✗ Common mistakes:

- The players on the sides are standing too far from the line.
- Players are facing out of play.
- The players in the field have a large gap between them

Half-moon

Players stand in a semicircle approximately 3 metres from the ball. This formation is suitable for corner kicks. Players agree who will cover shorter shots and who will cover longer ones.

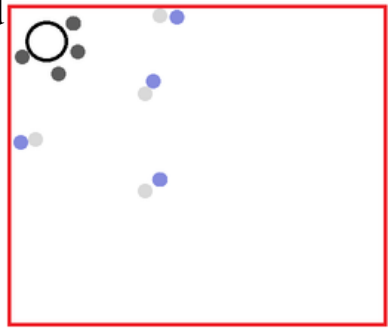


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Ypsilon

The same formation as for the semicircle, except that one player is positioned deeper in the field, approximately 5 metres from the ball. This allows that player to react more easily to long shots.

✗ **Common mistake:** The player further back in the field stands directly behind the player who is closer to the ball.



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B) Catching the ball

Catching with the hands

The player tries to catch the ball with their hands and find their centre of gravity so as to gain control of the ball. The arms are not fully extended, but slightly bent at the elbows



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Receiving with the feet

The player keeps their leg straight, including the toes, and tries to position their calf and instep under the ball so as to kick it upwards and catch it. The ball must not be kicked with the knee, otherwise it will fly off.

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Receiving whilst sliding

When sliding onto the right hip (the same applies in reverse for the left), the player shifts their centre of gravity onto their right leg; they may assist themselves by placing their right palm on the ground, then lower their right hip or buttocks to the ground, leaning their body backwards, whilst their outstretched left leg performs an upward kick. The smaller the area of the body on the ground, the better the slide. A good run-up and take-off are essential.

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4. Training

Basic principles of training:

The main aim of training is to master the basic skills required to play kin-ball. Above all this lies one unwritten rule that makes everything go more smoothly: kin-ball is, above all, fun, and players should leave training feeling pleasantly tired.

Thanks to its variety, kin-ball develops a whole range of skills. The basic ones, which are constantly repeated and therefore need the most practice, are catching the ball, sliding, running with the ball and hitting the ball. These are best practised in sequence and with several repetitions. Once mastered, it is advisable to increase the intensity and pace of execution.

For a standard kin-ball training session, one or two balls are available, and the exercises need to be adapted accordingly to ensure they are effective. The more players there are in a training session, the more of them need to be involved at the same time to avoid long periods of inactivity. Exercises that involve frequent player rotations and are simple to explain and carry out are ideal. Exercises should be adapted as closely as possible to typical game situations.

It is important, right from the very first training sessions, to ensure correct ball handling and striking technique so that players develop the right habits. Bad habits are difficult to break later on. Above all, this is important for safety and to prevent injuries.

In kin-ball, it is a good idea to draw inspiration from other sports. Just as professional footballers often pass the ball to each other over a distance of five metres in training, so too in kin-ball, players throw the ball as part of their warm-up. Standard methods of sports training also apply in kin-ball.

All body types of players can find a role in kin-ball. For example, the more robust players can develop into excellent batters, whilst the more slender players usually excel at catching and sliding.

1) Passing – basic exercises

An exercise suitable as an introduction to any training session. The players form two lines (A and B) facing each other, approximately 7 metres apart. The first player in line A takes the ball, throws it to the first player in line B and then runs to the end of line B. The first player in line B catches the ball, passes it to the next player in line A and runs to the end of line A. This continues round and round.

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What to focus on

- Before passing, the player must be in control of the ball.
- The pass travels in a straight line or in a slight arc, aimed at head height.
- The pass is reasonably sharp – the ball does not float, but the aim is not to knock the teammate off balance either.
- The passer uses their whole body, not just their arms, which means that at the moment of passing, they take a step and move their whole-body forwards in the direction of the ball.
- The receiving player gains control of the ball.

Advanced variations

- The player imparts backspin/underspin to the pass using their fingers to spin the ball as it is thrown.
- Passing and catching with just one hand.
- The pass is aimed not at the hands, but at the foot.
- The pass is directed to the side to make it more difficult to catch the ball.
- The players form a single line; the first player runs out with the ball under control to a point approximately 7 metres in front of the line, turns round and passes back to the next player in line, then joins the back of the line. Before the pass, we can also include a squat, push-up or sit-down with the ball, running backwards, etc.





2a) Running with the ball – one at a time

The aim of this exercise is to teach players to dribble the ball safely and effectively whilst running, to keep it under control, and, upon reaching the touchline, to immediately assess the situation and move into a more advantageous attacking position, ideally towards the centre of the pitch. At the same time, the player learns the correct posture for dribbling, whole-body coordination and spatial awareness.



It is important for the player to perceive the ball as an active part of their movement, rather than as an obstacle. The more confidently and quickly a player can run with the ball, the more time and opportunities their team will have in the next phase of play.

What to focus on

- The ball remains under the player's control at all times whilst running.
- The player holds the ball firmly but loosely so that they can change direction and speed naturally.
- Whilst running, the player keeps their knees slightly bent and maintains a stable stance so that they are ready to change direction.
- The player must not focus solely on the ball – they must also be aware of the space in front of and around them.
- The ball should not slow the player down. The aim is to run smoothly and naturally whilst carrying the ball.
- When changing direction, the player lowers their centre of gravity, stabilises the ball and then accelerates.
- Upon reaching the edge of the pitch, the player does not stop for any longer than necessary, but returns as quickly as possible towards a more advantageous position.
- When returning to the centre of the pitch, the player uses their whole body, not just their arms – correct movement of the legs and torso enables a quicker change of direction.
- The player must maintain balance and correct posture whilst running.
- Upon returning to the centre of the pitch, the player immediately assumes a ready playing stance so that they can continue with the next action.

2b) Running with the ball – in pairs



Two players stand side by side, holding the ball between them. On the coach's instruction, they set off in a specified direction, for example from the edge of the pitch to its centre. Each player holds the ball with both hands on their own side and, whilst running, tries to maintain the same pace and direction of movement as their teammate.
Once they have finished running, they safely pass the ball to the next pair and join the back of the queue.
The aim is to teach players to synchronise their movements, communicate with one another and keep the ball under control whilst running together.

What to focus on

- Both players run at the same pace.
- They hold the ball firmly and apply even pressure to it.
- The players must not move further apart or closer together whilst running.
- Communication and mutual cooperation are important.
- When changing direction, both players must react simultaneously.
- The players do not focus solely on the ball, but also keep an eye on the space ahead of them.

Advanced variations

- Whilst running, the pair change their speed according to the coach's instructions.
- The coach gives a signal for an immediate change of direction and the pair must react together.
- The pair run round a cone or other obstacle whilst keeping the ball in a stable position.
- The pair move sideways – running sideways with the ball – whilst maintaining the correct posture and control of the ball at all times.
- The coach determines the direction of movement and the pair must change direction according to his instructions without stopping.
- The pair aim to cover a set distance as quickly as possible, whilst ensuring the ball is not dropped or lost.
- Players can split into two groups and treat the pair running exercise as a speed competition

✗ The most common mistake when running in pairs is unsynchronised movement. If one player accelerates or changes direction before the other, the pair loses stability and the ball may be dropped.

3) Striking the ball – basic exercise I

The players form two lines (A and B) facing each other, approximately 7 metres apart. Two players from line A sit opposite each other and hold the ball, after which a third player hits the ball towards line B. Two players in line B catch the ball, sit facing each other and hold the ball, whilst a third player hits it back towards line A. After the hit, the players swap roles – the batter goes to hold the ball and one of the players who was holding the ball moves to the end of their line. This continues in a loop.

What to focus on

- Correct ball handling (see 'Ball handling' in the box).
- The correct way to take a shot (see one-handed and two-handed shots).

Advanced variations

- The player runs towards the ball.
- Hits from the left and right, or with the left and right hand.
- Count, for example, to 5 to speed up the execution as much as possible.

3) Striking – basic exercise II

The players form two lines (A and B) facing each other, approximately 10 metres apart. A pair of players stands in the middle. The first player from line A passes the ball to the pair in the middle, takes a run-up and hits the ball towards line B. He then replaces the player on his right in the pair in the middle. That player goes to the back of line

B. The first player from line B passes the ball to the pair in the middle, shoots, and then replaces the player on their right. This player moves to the back of line A.

What to focus on

- Swinging from a running start – players aim to 'run through the ball' whilst still swinging in a controlled manner and hitting the ball straight ahead.
- Correct technique for hitting, catching and holding the ball.

Advanced variations

- Hits from the left and right, or with the left and right hand.
- It is also possible to add further players who will attempt to catch the ball with a slide. They start from a position just beside the pair in the middle shortly before the shot is taken. The player in the middle therefore moves into the sliding position and only then joins the end of the line.

4) Hitting towards a target



The coach uses coloured cones or other aids to mark out three target points at distances from the baseline of, for example, 3, 7 and 10 metres (adjust according to the players' ability). Players take turns hitting the ball, aiming to hit the cone designated by the coach before they hit the ball – the coach calls out the colour. Players must therefore always adjust the power of their shot according to the distance they are aiming for.



What to focus on

- Correct ball grip (see ball grip in the box).
- Correct striking technique (see one-handed or two-handed strikes).
- Accuracy of shots.
- The shot must not go downwards.
- Even when it comes to accuracy, shots should still be struck as hard as possible.

Advanced variations

- The coach determines the target at the very last moment.
- Hits to both sides, with the left and right hand.
- Players compete against each other to see who can hit the target the most times.



5) Catching

An action-packed exercise designed to practise a basic kin-ball skill.

Organisation of the exercise:

We can practise catching the ball individually, in pairs or in groups of three. The number of players catching the ball is determined by the focus of the exercise and the players' ability level.

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The players form three lines at one end of the hall. At any one time, the first players from all three lines are performing the exercise. The coach stands opposite the lines at a distance of approximately 10 metres (depending on the space available). The coach throws the ball into the area and the players' task is to catch it, form a pair as quickly as possible, whilst the last player to arrive passes the ball back to the coach. The coach throws the ball again and the next players

in line carry out the exercise. This continues in a loop. The players rotate between the lines continuously, so if the coach wants them to try out all the roles equally, they throw the ball in the same direction each time. Gradually, it is a good idea to move on to throws in random directions to make the exercise less predictable.

What to focus on

- The players do their utmost to prevent the ball from falling to the ground – the basis for all the exercises.
- Correct technique for hitting, catching and holding the ball.
- After catching the ball, players take up their positions as quickly as possible and hold the ball between two players; they do not lie or sit on the ground.
- The hit is always aimed at the coach.

Advanced variations

- The coach throws heavier balls, forcing the players to slide.
- Just before the ball is hit, the coach changes position so that the player has to track the ball and adjust the direction of the shot.
- The coach throws balls from different positions and with varying levels of difficulty so that players can practise their spatial awareness and judgement.



6) Mini-game – the number game



An action game focusing on quick reactions, decision-making and teamwork when catching the ball. Players must react immediately when their number is called, quickly assess the situation and work together with their teammate.
The players form four rows, one in each corner of the pitch. Each row is assigned a number – 1, 2, 3 or 4. The coach stands in the centre of the pitch and calls out two numbers at a time. The players with those numbers immediately run towards the ball and work together to catch it. Once the ball is caught, one player kicks it back into play. The remaining two players must agree as quickly as possible which of them will be the attacker and which the goalkeeper. They catch the ball together, and one of them becomes the attacker and takes the shot.
The coach then calls out another pair of numbers. The players thus take turns in different roles in each situation. The exercise continues smoothly and without unnecessary breaks.

What to focus on

- The coach should call out the numbers in a varied order.
- Players react immediately when their number is called.
- Whilst running, they try to reach the ball as quickly as possible and correctly anticipate its trajectory.
- When catching the ball, they work together and communicate with their teammate.
- Players must decide quickly who will catch the ball and who will remain in an attacking position.
- It is important to be aware of one's position on the pitch and to track the movement of the ball and other players.

7) Mini-game – five lines

An action-packed exercise in which players practise basic kin-ball skills – catching and hitting – whilst also practising spatial awareness, quick starts, decision-making and hits of varying lengths.



The coach marks out the playing area, preferably smaller than usual (in small gyms, we do not reduce the size). The players form five lines (A, B, C, D, E) at one end of the playing area. The first player in each line always performs the exercise. The coach throws the ball into the playing area and the players from lines B and D catch it; player C hits the ball anywhere within the reduced pitch. Players A and E catch this hit. Player C hits the ball again and players B and D catch it again. This continues in a loop until a mistake is made. The players then switch lines and the next in line take their turn.

What to focus on

- Even when performing the drill quickly, ensure that all steps are carried out correctly – catching, holding and, above all, hitting the ball.
- The batter aims so that the ball does not go out of bounds, even if this means hitting a short shot or running around the ball.
- The batter runs after the ball as quickly as possible so that they can hit it again in a flash (play a so-called 'quick hit').
- Fielders aim to gain control of the ball as quickly as possible and, after the catch, get back on their feet, assess the situation, cover the high-risk areas and catch the ball again.

Advanced variations

- Hits using only two hands/only the right hand/only the left hand.
- Playing with a blocker (for the truly advanced only!).
- The batter (from group C) may, instead of taking their turn at bat, call out the name of one of the seated players, who will then bat in their place, thereby confusing the fielding pair. In the next round, the primary batter is still player C, and they may once again bat themselves or call upon one of the players holding the ball.

8) Sliding, one at a time and in pairs

The coach stands in position to throw the ball to the players, who are lined up in two rows, one to the left and one to the right of the coach. The first players in both rows get ready and, on the signal – 'HOP' – the coach throws the ball to them. Both players set off and try to catch the ball together. Both can catch the ball by sliding; alternatively, the exercise can be adapted so that only the players on the right or left side perform the slide.

SCAN ME

The exercise focuses on practising sliding tackles and cooperation between two teammates when catching the ball. Sliding tackles can also be practised individually.

5. Referee

Requirements for a Kin-ball referee

- They judge only the facts.
- Moves quickly and efficiently around the playing area.
- Knows the official rules.
- Is proficient in the referee's signalling system.
- He follows the established procedures for managing the game.
- Deals with participants calmly and politely.
- Ensures that the game is played in accordance with the principles of fair play and mutual respect amongst all participants.



Game management procedure

The entire process consists of eight steps, whichmust be carried out by the referee in this exact order, and then repeated throughout the match:

1) **They must be in the correct position**, 2–3 metres from the ball, at a right angle to the server, with knees bent and upper body bent forward

2) **Blows the whistle to start play, service** – Points at the ball with their hand, blows the whistle twice; the whistle must clearly distinguish between the two sounds.

3) **Repeats the colour immediately after the player calls it out** – The referee must move quickly across the court, running so as to always remain close to the ball (2 to 3 metres). They must repeat the colour aloud so that every player can hear it clearly.

4) **Blows the whistle for fouls** – As soon as a foul is identified, the referee blows the whistle once to stop play.

5) **Signals** and **announces the foul** – The referee makes a signal whilst simultaneously announcing the type of foul aloud. Whilst doing so, they must face the scoring referee. They then point to the tape in the colour of the team that committed the foul.

6) **Control of the ball –** When a foul occurs, the referee quickly takes control of the ball (runs to retrieve it).

7) **He places the ball at the spot where the foul occurred.**

8) **He supervises the scorekeeper** – he must ensure that the scorekeeper awards points to the correct teams. He nods to confirm that the score is correct.

Referee signalling and coloured identification bands

Signals are always given facing the scorekeeper. They are performed clearly, unambiguously and dynamically, so that they are understandable to every player and official. Coloured identification bands are used to identify the team that has committed the error.

The wristbands are positioned as follows:

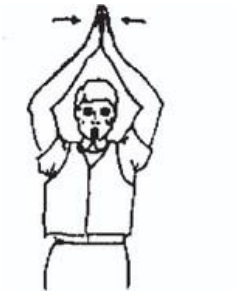
- Blue on the left wrist.
- Grey on the right wrist.
- A T-shirt with a black sleeve or a black armband on the right arm.





Beginning of game or period

The referee makes three sideways circles with their arm at shoulder height and then points to the bench or the colour of the team that is serving,
whilst blowing the whistle.



End of game

The umpire faces the scoreboard, raises their hands above their head and claps three times, blowing their whistle as they do so.



End of period

The umpire faces the scoreboard, raises their arms above their head, holds the wrist of one hand with the other, whilst blowing the whistle.



Hit-in

As soon as the players raise the ball above their heads, the umpire points to the service area and blows the whistle twice briefly.



Dropped ball

The moment the ball touches the ground inside the court, the referee blows the whistle once briefly whilst rubbing one palm against the other (palms horizontal), and then points towards the scoreboard on the tape in the colour of the team that committed the fault.



Missing a contact

If, before the serve, one or more players from the team are not touching the ball, the referee blows the whistle once. They point upwards with their index finger. They then point to the tape in the colour of the team that committed the fault.



Downward angle hit

If the ball's trajectory is straight or downwards throughout its flight and the ball touches the ground without being touched by an opponent, the referee blows the whistle once briefly. He takes one step and points vigorously towards the ground with both hands, then points to the tape in the colour of the team that committed the error.



Out of bounds

If, after being struck, the ball goes out of play without being touched by an opponent, the referee blows the whistle once. The arms are raised from a forward position to a crouched position (palms behind the shoulders) and then the referee points to the tape in the colour of the team that committed the foul.



Time fault

If the ball is not struck within 10 seconds of the first touch by the defence, the referee blows the whistle once briefly and points to the watch on the wrist of their other hand at shoulder height. They then point to the tape in the colour of the team that has broken the rule.



Replay

The referee blows the whistle once, crosses their arms at waist level and then

moves them apart. He repeats this movement twice. The 'repeat' signal is also used for:

- Unintentional obstruction between two players.
- Unintentional obstruction between a player and the ball.



Illegal ball displacement

If the ball is under control and moved – in the event that a third player has touched it – the referee blows the whistle once. He holds his arms out in front of him, palms together. One arm remains outstretched whilst the other is raised. He then points to the armband of the team that committed the foul.



Throw too short

If the ball travels less than 3 m after being hit (measured from the centre of the ball to the centre of the target), the referee blows the whistle once. The referee extends both arms, palms facing each other but not touching. The referee then points to the team's tape that committed the error.



Timeout

If either team requests a time-out, the referee, facing the timekeeper's desk, places the fingers of one hand in the centre of the other hand at chest level and points to the team requesting the time-out; whilst doing so, he blows his whistle. A time-out lasts 30 seconds.



Designation fault

If a team announces a team colour that contravenes the rules, the referee blows the whistle once. He extends one arm in front of him and quickly opens and closes his hand. At the same time, he places his other hand to his ear. He then points to the armband of the team that has made the error.



Player's substitution

Without whistling. With hands above the head, palms facing each other, move them alternately forwards and backwards.



Illegal defence

If a defending player deliberately obstructs the attacking team, the referee blows the whistle once. He extends his arm and shows three fingers. He then points to the team's captain.



Too many players on the court

The referee blows the whistle once. He extends one arm, opens his palm and spreads his fingers. He then points to the team's sash that committed the foul.



Illegal offense

If an attacking player deliberately obstructs a defending player, the referee blows the whistle once. With clenched fists, he crosses his forearms over his chest. He then points to the team's armband that committed the offence.



Same player hit twice

If, in mixed teams, a man bats twice in succession, the umpire blows the whistle once. He extends his arms twice and then brings them back down, his palms remaining open and facing forwards. He then points to the team's sash that has committed the error.



Trapping the ball

If a player wraps their arms around the ball and clamps it between their arms whilst receiving it, the referee blows the whistle once briefly. They bring their hands together in front of their body to form a circle with their fingers interlaced. They then point to the team's tape that committed the foul.



Unsportsmanlike conduct

If a player behaves aggressively or fails to play in accordance with the rules of fair play, the referee blows the whistle once. They extend their forearm and bend their arm at the elbow (with the forearm pointing vertically upwards), whilst grasping the front of the elbow with their other hand. They then point to the team's ribbon that committed the foul. This foul results in a minor warning for the player who committed the foul.



Intent to hurt

The referee blows the whistle once. He taps the front of the shoulder lightly with his fist. He then points to the team's sash. This offence results in a major caution for the player who committed the offence.

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