



Balance Ball

Equipment Required: A softball or tennis ball for each pair of students.

Space Required: Small

Group Size: 2 or more

Skills: Communication, Teamwork.

Brief Overview: Place a softball or tennis ball between the backs of each pair of students. Instruct pairs to stand up without dropping the ball or touching it with their hands. Pairs must strategize and work together to complete the task as quickly as possible.

Instructions: Divide the team into pairs. Each pair should sit on the ground with their backs touching and their legs outstretched. Place a softball or tennis ball between the backs of each pair. Instruct pairs to stand up without dropping the ball or touching it with their hands.

Discussion points:

- 1) How important was it that each person had to move at the same time to avoid letting the ball drop?
- 2) Communication and teamwork is very important in accomplishing group goals. What are some team goals we should focus on this season?
- 3) What do you feel you took away from this task?