



### **Hula Hoop Ground Touch**

**Equipment Required:** Hula Hoop

**Space Required:** Small. Inside or outside.

**Group Size:** 4 or more

**Skills:** Communication, Teamwork, Patience

**Brief Overview:** The team has to try and lower a hula hoop that is placed onto their extended fingers to the ground. No one is allowed to remove their finger, grasp or hold the hula hoop.

**Instructions:** Direct participants to stand in a tight circle. Ask participants to place one arm inside the circle, just above their heads. Next, tell them to extend one finger. Lay a hula hoop on top of their extended fingers. The team's goal is to lower the hula hoop to the ground. No one is allowed to remove his finger from the hoop. No one is allowed to grasp the hoop or cup the hoop with his finger. The hoop must simply lie on top of each finger until it reaches the ground.

**Discussion points:**

- 1) During this activity, participants often get impatient with each other. They may even start blaming one half of the circle for the group's failure to get the hoop to the ground. Use their interaction and comments to discuss the importance of teamwork and communication.
- 2) What do you feel you took away from this task?

**Hints for Coaches:** If you have an area with a mild slope, use this area; it will make the activity more challenging.