

Only Hands

Equipment Required: None

Space Required: Small to large

Group Size: 4 or more

Skills: Communication, Teamwork, Effort, Patience

Brief Overview: Team must figure out a way that their entire team touches the ground with only their hands.

Instructions: Challenge team to figure out a way for their entire team to touch the ground with only their hands. Team may not use any props just their bodies and the ground.

Discussion points:

- 1) Why were you successful (or unsuccessful) at completing the challenge?
- 2) What do you feel you took away from this task?

Hints for Coaches: If this is too challenging for the team, try splitting them up into smaller groups. If the whole team is able to accomplish touching the ground with only their hands, ask them to try and do a push up as a team.