

Bonus Activity:

# Helper's Ball

During this activity participants practice their communication and cooperation skills by helping their team members and not only pay attention to themselves.

## Description

- Mark a field sized about approx. 15m x 15m.
- One player tries to catch the other players. She/he is the hunter and she/he is marked with a bib. The pursued players have one ball inside their group. They pass the ball to each other. The player, who is in ball possession, is not allowed to be caught. The players can help each other in the way that they pass the ball to the pursued player.
- If one player is caught, she/he changes the role with the hunting player.
- It is not allowed to keep the ball longer than 4 seconds. (The hunter is not allowed to wait until the 4 seconds are over. She/he has to try to catch another player then.)
- Depending on the age and the technical abilities the participants can pass the ball with the hands or pass the ball with their feet.
- Play several rounds, so that every player has been the catcher at least once.

## Discussion questions

### Reflect

Were there any difficulties? What was difficult in the role of the catcher? What was difficult within the group? What did you focus on?

### Connect

What was necessary for you to solve the task? Can you think of a situation where you had to solve a task as a team? What helped you to solve the task successfully? Have you been in a situation before where you needed help but everyone else was only focused on themselves? Was there a situation before where someone needed help but you only payed attention to yourself?

### Apply

How can you become more aware if someone needs your help? What can you do to get help from others? What can you do to communicate more effective in your team?

## Facilitation notes

Depending on the group size you can add more hunters. Also depending on the technical abilities of the group they can either pass the ball with their hands or their feet. If the participants struggle to understand the game the facilitator or teacher can motivate them to help the pursued player. Variations of the game could be the rule of a constant catcher (max. 1 minute per catcher). The caught player can be redeemed in the way that another player plays the ball through her/his spread out legs or crawls through.

<b>Number of Teachers or Coaches</b>	1
<b>Number of Students or Athletes</b>	10-15
<b>Typical Age Group</b>	10+
<b>Time Needed</b>	10-15min
<b>Space Needed</b>	Approx. 15m x 15m
<b>Materials Needed</b>	1-2 Balls 4 Cones 1-3 Bibs
<b>Activity Objective</b>	To learn the importance of helping one another and communicate in an effective way.
<b>Related Units</b>	Unit 2
<b>Related Learning Competences</b>	Effective Communication and cooperation