

Bonus Activity:

Circle the ball

A playful ball game to understand how important teamwork and communication are.

Description

- First there is a short description of what the participants can expect. (E.g "Our next exercise is about communication and inclusion / team spirit," ...)
- The participants form a circle while standing.
- The coach gives one ball in the round. The participants throw the ball around/passes without any instructions. In this phase, verbal communication is not allowed. Then the coach can add a second ball, after a while a third one.
- If one ball falls on the ground, the participants have to stop, give the ball back to the coach and then start again from the starting point/person.
- The coach can assist with the advice that eye contact can help the participants.

Step 1

The coach repeats the instructions:

- Through/pass the ball and avoid balls falling on the ground
- No verbal communication
- New: Every participant has to get the ball once
- If every participant has got the ball once, the coach gets the ball
- The coach can add more balls

Step 2

The coach repeats the instructions:

- Through/pass the ball and avoid balls falling on the ground
- No verbal communication
- New: Every participant has to get the ball once
- If every participant has got the ball once, the coach gets the ball
- The coach can add more balls
- Now the participants have to memorize the sequence/order
- Tip: Eye contact & calling the names of the participants

Step 3

The coach repeats the instructions:

- Through/pass the ball and avoid balls falling on the ground
- No verbal communication
- New: Every participant has to get the ball once
- If every participant has got the ball once, the coach gets the ball
- The coach can add more balls
- Now the participants have to memorize the sequence/order
- Tip: Eye contact & calling the names of the participants
- The coach can measure the time the participants take to make a full sequence ("record time")

Discussion questions

Reflect

How did you experience the game? How was it at the beginning, how did it develop?

Connect

How important was communication / structure? How Important it is in our daily lives.

Apply

How can we achieve better communication in our everyday lives? How can this lead to a better life for us?

Facilitation notes

The coach has to point out that each participant has made the same contribution and that this is the only way this game can work. The connecting factor is now a discussion about justice and fairness in society and the exercise. Each participant is equally important for the game. This exercise tries to transfer this form of inclusion to social issues and aspects. Also, be aware to include kids who cannot easily catch a ball, have a handicap (e.g. put them in an easy position, take bigger balls, etc.).

Number of Teachers or Coaches	1-2
Number of Students or Athletes	8-12
Typical Age Group	10+
Time Needed	30min
Space Needed	Playground, Classroom
Materials Needed	4-6 balls
Activity Objective	<ul style="list-style-type: none">• Experience the importance of communication /non-verbal communication• Learn about group dynamics• Get to know the concept of social inclusion• Experience a common success
Related Units	Unit 2&3
Related Learning Competences	Effective communication, social inclusion, teambuilding