

TITLE: Beach Ball Away

IMPACT: Builds teamwork and communication; energizes the group through movement

RISK: Low

GROUP SIZE: Unlimited. Divide into groups of 10 or play in a large group with more balls going at once.

TIME REQUIRED: 10 - 15 minutes

DIRECTIONS:

- The goal of this activity is to keep the beach ball off the ground for as long as possible.
- Scatter the group and encourage them to hit the beach ball as many times as possible before it strikes the ground.
- They must follow these rules:
 1. A player cannot hit the ball twice in succession.
 2. Each hit counts for one point.
 3. The group must count aloud with each hit.

DISCUSSION:

- How many times were you able to hit the ball?
- Did your group improve as the game progressed? Why?
- What kind of communication did your group use?
- Was there a designated leader?
- Did counting out loud help the group to go higher? Why?

HINT: Do not use a heavy ball, such as a volleyball or basketball. Play on level ground.

