

TITLE: Bodyguard

IMPACT: Challenges group members to focus and to communicate with each other; energizes and builds teamwork

RISK: Low - medium

GROUP SIZE: 8 or more

TIME REQUIRED: 10 minutes

DIRECTIONS:

- Ask the group to stand in a circle. Ask for two volunteers, and designate one of them the President and the other the Bodyguard. The President and Bodyguard then stand in the middle of the circle. The people on the outside of the circle are all Assassins.
- The Assassins' goal is to hit/kill the President using the ball. The Bodyguard's goal is to protect the President by blocking the ball from hitting the President.
- If the Bodyguard somehow gains control of the ball, the bodyguard can kill Assassins by hitting them with the ball. The Bodyguard can't be killed.
- The Assassins throw the ball to each other (fast and focused is most successful) and try to get the ball to an Assassin who can successfully hit and kill the President. Player cannot move their feet when they have the ball. The Assassins should try to remain in a circle formation during the game.
- Once the President is killed, the Bodyguard becomes President, and the successful Assassin becomes the Bodyguard.
- Be careful that no one gets hurt.

DISCUSSION:

- What techniques worked best for Assassins? Bodyguard and President? Was communication important? What role did teamwork play in success?
- What did it feel like to be in the center? What did it feel like for the President to be dependent on one person for protection?
- What happened when (if) Assassins or those in center lost focus?

HINT: This could also be used in activism workshops to demonstrate the power of many people acting with a common goal (Assassins) or how one person can make a difference (Bodyguard).

