


## Ball game and time challenge

<b>Title of activity</b>	Ball game and time challenge.
<b>Theme</b>	Team-building.
<b>Learning goals</b>	In addition to the purely playful dimension, which is also useful for team-building, the activity stimulates problem-solving skills and requires the participants to develop and implement strategies to optimise time, work together and achieve a shared goal.
<b>Target audience</b>	Group size 5-30 (no specific age or skills required).
<b>Type of activity</b>	Exercise.
<b>Keywords</b>	Cooperation, problem-solving, leadership, inclusion, communication issues.
<b>Step-by-step</b>	<ol style="list-style-type: none"> <li>1. Before starting the activity, the activity leader writes on the flipchart "Challenge by choice" and explains to the participants that there is no obligation to take part in the challenge and that everyone has the right to decide whether to challenge themselves or not.</li> <li>2. Participants are asked to pass around a ball saying their own name as quickly as possible. The trainer stimulates the participants by telling anecdotes of groups of people, even larger, which have achieved the goal in a very short time.</li> <li>3. The group is encouraged speed up passing the ball while the activity leader records the times and continues to encourage the group to go faster. At the end, the activity leader gives the group 15-</li> </ol>

	<p>minutes to get organised and to find a solution that enables them to achieve results in the shortest possible time.</p> <p><i>Debriefing</i></p> <ol style="list-style-type: none"> <li>1. Firstly, all participants are asked to share their experience of the exercise.</li> <li>2. Next, we evaluate the exercise briefly by asking for a range of impressions about what has been learnt, and how it can be used in the everyday youth-work contexts that the participants are involved in.</li> </ol>
<b>Venue</b>	Meeting room or outdoor space.
<b>Materials required</b>	Flipchart and markers for the activity leader. Several balls (different sizes).
<b>Duration</b>	40 min.
<p><b>Contact</b></p> 	<p><b>AMESCI</b> – Italy  <a href="http://www.amesci.org">www.amesci.org</a></p> <p>Contact person: Guido Spaccaforo  <a href="mailto:internazionale@amesci.org">internazionale@amesci.org</a></p>