

UP IN THE AIR

Core Values Activity

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Objectives:

- Learn to coordinate
- Learn to make sure that everyone has a turn

Before you begin:

Collect these items:

A beachball of any light-weight item that can be kept in the air.

Notes for the Coach/Team Mentor

This activity requires open space. We recommend this activity for outdoors on a good day. It is more fun for a larger team, but will work for any size team.

There are many variations you can try. We suggest number of hits or a time limit. You can change the requirements every time you play this game if your team finds it too easy or too hard.

Instructions to print and give team:

Keep the ball in the air for

- 1) 20 hits
- 2) 1 minute

Note: Everyone must have a touched the ball