

Basket Ball

Introduction: This activity addresses communication in a team setting.

Materials: Small Wastebasket and 30 pieces of crumpled paper per group

Time: 10 minutes plus debrief

Directions:

1. Divide your class into even teams. Each team needs a chair and a trash can.
2. Position the trash can **behind** the chair but not directly behind the chair.
3. One team member will sit in the chair with the remaining members standing behind the wastebasket so that they can assist the shooter as to where to shoot.
4. Explain to the group it is their task to help the “shooter” get the ball (the pre-crumpled paper) into the basket by giving clues after each toss. For example: to the left, too high, less power, etc.
5. The goal is for the shooter to get as many of the 30 sheets of crumpled paper in the basket.
6. When all the teams have finished tossing, have each team count the number of papers that went in basket. Keep a tally of how many pieces of paper make it in the basket.
7. Now rotate through so that all the team members have an opportunity to be the shooter.
8. Tally after each shooter to determine team points.
9. After all members have been a “shooter,” determine the winning team.



Debrief:

- What was it like getting “coaching” as to where the basket was?
- What feedback was effective and why?
- What was it like giving “coaching”?
- Have participants discuss what communications skills work best.