

## **Beach Ball Toss**

**Supplies Needed:** Beach ball

**Number of People:** Any size but break into smaller groups if you have a larger group

**Directions:** The group's goal is to hit the beach ball 100 times in a row without it falling to the ground. In addition, each team member must hit the ball five times (and no participant can hit the ball twice in a row). If the ball ever hits the ground, the group must start over. A group may exceed 100 hits, if that's what it takes to get everyone to hit the ball five times.

### **Debriefing Questions:**

- If you were successful, what caused this success?
- What strategies did you use to make sure everyone was included?
- How did your group respond when the hit the ground?
- What was challenging about this exercise?
- What did this exercise illustrated to you about leadership?
- How does this activity relate to our group?