

Team Building Ideas from CY Creativity Camp

Pattern Ball with Bean Bags

By Ann Powers

Students often come to DI meetings after a busy day, bringing all the emotions of their school world. To help them come together and focus on each other, give them a common goal. Pattern Ball can give them a chance to relax with each other and have fun. After they get over the sillies, they learn to focus on their passer and receiver simultaneously and make adjustments to achieve a common goal: most completed passes-minus drops in three minutes.

To begin, students create a pattern passing a single bean bag across the circle until everyone has had the bean bag once and it is returned to the first person. As the pattern is repeated, an additional bean bag is started in the pattern. And then another and another. (Most teams of seven or less will not be able to pass more than three bean bags at a time.)

Once your team gets the basics down,

- Have team talk about strategies that improve their scores.
- Challenge them to add more bean bags.
- Pass the bean bags standing on just your right foot-then your left.
- Catch with your right hand, transfer bean bag to other hand and toss with left.