



Agility: Group Reaction Ball

Equipment:

Reaction ball.

Set-up:

Have the group form a circle where everyone is about 6 feet from the center.

Description:

This game requires at least 3 players (coach may have to take part). The focus here is reaction speed, agility, and teamwork. The group is trying to keep the ball from leaving the circle.

Instructions:

The game is to form a circle with all players roughly six feet from the middle. The game starts with the reaction ball being tossed up in the air so that it lands in the middle of the circle on the first bounce. Players try to prevent the ball from leaving the circle. When a player catches it, they toss it up again so that the first bounce will be in the middle. The group has five points at the beginning and each time the ball leaves the circle it costs the group one point.

Scoring:

If the group still has all 5 points then they are rewarded with a score of 3. If the group ends with 3 or 4 points then they score a 4. Anything less than 3 points remaining then the group scores a 5.

