



Mindset Shifters

# Tennis ball challenge

<b>Leadership:</b>	1 Person and an observer who notes team dynamics, keeps time and gives direction
<b>Room structure:</b>	
<b>Required resources:</b>	1 tennis ball per team
<b>Time needed:</b>	20-45 minutes
<b>Group size:</b>	5-12 People

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## Facilitator's Instructions:

The set up:

- Have the group form a circle and give one person the tennis ball.

The activity:

Explain the rules for part one, "The Process:"

- Everyone must receive the ball
- You cannot pass the ball to the person next to you
- The ball must return to the person who started with it
- The ball must travel through the air
- The ball cannot be rolled across surfaces, floors, walls, tables, or chairs
- Timekeeper announces time taken

Now that you understand the rules let's create a product. Explain the rules for part two, "Creating the Product:"

- One Product = eight rounds of passing the ball in the correct sequence
- If you drop the ball, you must start the round again
- The timekeeper announces the time taken to complete a product, and asks the group to cut the time in half
- Repeat until the team can create the product in the least amount of time

This activity is a great kick-off to a team meeting where you want to create an atmosphere of innovative thinking and teamwork. Also, the observer can ask debriefing questions, such as:

- What roles did people play? Did anyone emerge as a leader in the process? What other roles evolved within the group?
- How did you feel when you had to disband the process and try things differently?
- When did you feel like it was okay to stop and be satisfied with the outcome?