



Name ball

Aim Warm-up, to get to know each other

Duration Approx. 10-15 Min

Number of participants 5-20

Difficulty easy - medium

Conditions The participants stand in a circle.

Material 5 balls (e.g. juggling balls)

Preparation

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Description

The participants stand in a circle. A person holds the ball, focuses on another person in the circle, says his/her name and then throws him/her the ball. Now the person who caught the ball continues in the same way, saying the name of a different person and throwing him/her the ball. The persons who already had the ball raise their hand. As soon as all the participants' hands are raised, the first person gets the ball again and starts a next, faster round. The order of the persons throwing/catching the ball remains the same. Before this round is over, a second ball is introduced, so two balls are now in the game. In order to increase the game's level of difficulty you can add more balls or even change the direction (the last person throws the second to last one the ball, and so on).

Source Henk Göbel, HILFE-FÜR-JUNGS e.V. Berliner Jungs

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