

Net Catch



Purpose

Net Catch challenges players to collaborate to improve their work together through throwing and catching objects.

Requirements

1. **Time:** 30-45 minutes
2. **Number of Players:** 2 or more
3. **Age range:** ~7 years old and older
4. **Space:** Enough space for partners to throw an object back and forth
5. **Equipment:** A ball (any object that can be caught) and net
6. **Prerequisites:** None

How to Play

1. Divide all participants into pairs.
2. Make sure players know the lines that players must start behind.
3. Each pair will need a ball (or any catchable object) and a net.
4. Without touching the ball, players hold the net together to throw and catch the ball as many times as possible in 3 minutes.
5. When time is up, gather the score of all pairs/teams to make the group score.
6. Debrief together and strategize how to improve the overall score the next round.
7. Change partners if you would like and play again!

Rules

1. Players throw and catch a ball (any catchable object) with the net.
2. Players may not touch the ball (except to put it on the net before throwing).
 - a. In a team of 3 players, one person uses hands.
3. The ball must not touch the floor or your body before it is caught.
4. Two players must hold the net while catching or throwing.
5. Players must start behind the lines before the ball is thrown.
 - a. Players must throw the ball from behind the line.
 - b. Players may move inside the line after the ball is thrown.

Scoring

- Score one point for each catch (provided the rules are obeyed).
- If a rule is broken, no point can be scored.
- Players are working together so they own every point.
- Add the scores for all teams. You win together if the combined score increases each time you play.

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Debriefing Catch

The purpose of debriefing is to develop strategies that will improve your performance and to recognize how these lessons apply to everyday life. To facilitate a successful debrief, facilitators must observe participants and ask engaging questions that spark important conversations.

What happened?		
What did you see/hear? What was the score?	What worked? What didn't work?	How did people feel? What issue(s) came up?
So what?		
What did we learn?	How does this experience relate to other experiences?	Why are we doing this? How is it relevant to us?
Now what?		
How could we improve our score in this activity?	How can we work together better?	How could we apply lessons learned elsewhere?

Digging Deeper

- Did anyone feel reluctant to share strategies?
 - Why? Are you still in a win-lose mindset?
 - If we are trying to improve collective achievement, who are you benefitting when you withhold strategies from other teams?