

# Catch



## Purpose

To play a fun throwing and catching game while measuring improvement through cooperation.

## Requirements

- **Time:** 30-40 minutes
- **Number of Players:** 2 or more
- **Age range:** Old enough to catch an object
- **Space:** enough space for all partners participating to be about 6ft apart
- **Equipment:** A ball (any object that can be caught)
- **Prerequisites:** None

## How to Play

1. Divide all participants into pairs.
2. Each pair will use one ball or object that you can catch.
3. Partners stand at least double-arms apart and cannot get closer while playing.
4. All pairs have 15 seconds to throw and catch the ball back and forth to each other.
5. You can only score successful catches.
6. After each game, pairs will debrief and strategize on how to improve their score.
7. After the debrief, rotate partners if you would like, and play again!

## Rules

1. Players must stand at least double-arms apart. ~ 6 feet
2. If a player drops the ball, the ball touches the floor, or the ball touches another object before it is caught, that catch does not count.
3. You can only throw and catch within the given time limit.

## Scoring

- Players score one point for each catch (provided the rules are obeyed).
- Because players are working together, each point belongs to both of them.
- If the score improves in each round, both partners win. If the score does not improve, both partners lose.

## Debrief Questions

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

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debrief, facilitators must observe participants and ask engaging questions that spark important conversations. If we don't debrief, we don't learn!

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