

Don't Let It Drop

<http://www.thesource4ym.com/TeamBuilders/Detail.aspx?id=49>

Materials Needed: balloons (provided in practice room)

Divide your group into teams of 3 people. Give each team a balloon. At 'go' each team tries to keep their balloon aloft. There are 3 rules:

#1 Players cannot use their arms or hands

#2 A player cannot touch the ball twice in a row

#3 Everybody on the team must touch the ball at least once.

If your team's balloon touches the ground you are out and must sit down on the ground. Last team standing wins. You can time which team is able to stay in the game the longest. You can also switch players during different rounds to force different team members to work together.