



Activity: **Speed**

Overview

With no set up, quick passing, and lots of laughter, *Speed* is an easy and fun team builder. Players pass a disc around a circle using only their backs. This game gets a little crazy because players find the task more difficult than they imagined. The task is light-hearted and full of smiles!

Set Up

Props

- 1 Flying Disc.
- 1 Ball, 1 small bucket, or a large tin can (optional)

Set Up

Have your group form a circle and explain the rules.

Instructions

The group must move the disc around the circle as fast as possible with the fewest drops to the floor.

Group members may only use their backs to transfer the disc.

If the disc falls, it may be put back from where it fell, adding one penalty drop to the group's effort.

Ask the group to keep track of their best times and number of drops, and to work towards improving them.

Sample Story Line

"Speed pits your group against the clock, racing to move the ancient 'Disc-of-Olympus' around to each player in the quickest amount of time and with the fewest drops. As part of an ancient tradition, group members may only use their backs to transfer the disc from player to player. Should the disc fall during passing, it may be put back

from where it fell, adding one drop token each time. It is important that you balance precision with speed, because you are working to move the disc around quickly and successfully with the fewest drop tokens collected. Time will start when you indicate you are ready, and stop when you call 'stop.'"

Variations

Speed can be played many ways. Arrange your group in a circle and try passing a ball from lap to lap, using no hands. A small bucket or tin can may be passed from foot to foot, or simply passed hand-to-hand in this classic version. These variations can be used together in one activity or setting, or independently at any time.

Safety

Watch for group members being rough with one another while passing back to back. No one should ever put all of his or her weight on another's back, or deliberately pass out of control.

Reflection

Speed is a great activity that can be used to explore innovative problem solving.

Discover: "How well did your team perform? Did you use the best solution? If so, how? If not, why?"

Connect: "Where do you see our group being most innovative when it comes to solving problems? How do you approach problem solving?"

Create: "What do you want to consider the next time a problem comes your way? How will you go about solving it? How will you use others to solve group problems?"