

Don't Drop the Ball

Principle 6: When You Make A Promise, Keep It

Group Size: **Materials:**

8+ participants

- *Basketball or other ball of similar size
- *Gym or other area designated for play

Objective:

Participants will work together in pairs and as a team in a game which demonstrates the importance of sticking with something and not “dropping the ball.”

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ctivity:

1. Break students up into two equal teams.
2. Have the students find a partner within their teams. (Let them know that it would be advantageous for them to pick someone as close to their height as possible.)
3. This is a relay!
4. Each team will be given a ball.
5. The goal is to move the length of the game area and back by pinning the basketball between each others' backs.
6. NO HANDS! Hands may be used to place the ball between their backs the first time, but after that, if the ball falls, they may pick it up with anything, except their hands, and continue the race.
7. They are to link arms in order to hold the ball in place.
8. The team that finishes first (all players going through), wins!



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iscussion:

- How does this activity represent “When You Make A Promise, Keep It?”
- When you dropped the ball, how is that like breaking a promise?
- If you were the one that dropped it, how did you feel?
- If another group in your team dropped the ball, how did you feel?

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ife Application & Purpose :

- Which Principle do you feel you displayed in this activity?
- Any others? Why that one?
- What does that Principle look like in your life?
- Tell me about a time when ...

Any type of healthy relationship requires a great amount of trust and work from all involved. As time progresses, the ability to move as a team and succeed is higher. However, the first few steps or stages are usually iffy. That is not reason to give up or quit. When you commit to someone or something, you are committing to be there through all the rough patches as well as the easy ones. When a promise is broken (Dropping the Ball), it is much harder to make it right and move on. But it is something we must do if we are truly committed!