

# Team Juggle

**What** Team Juggle is an energizer activity that uses several balls (or any soft object) for tossing among the group..

**When** Team Juggle is used when the cooperation of the group needs improvement or anytime an energizer is needed.

- How**
- Form A Circle:** Have the group members form a single circle with nothing in the middle. You may need to go outside or move tables out of the way.
  - Instruct the Group:** The facilitator will provide the instructions and show the group how to play. Say, to keep this simple I will start by calling Tony's name and passing the ball to him. He will then pick someone call their name and pass it to them. Each player tosses the ball across the circle to one person on the other side that has not received the object from someone else. The pattern is similar to tightening the lugs of a wheel. Each object introduced into the game follows the same pattern through the group. Each player will receive the object from only one person and will toss the object to only one person. Before you toss the object the individual calls out the name of the person they are tossing it to. This gives them fair warning that the object is on its way.
  - Do a Practice Round:** The facilitator starts the process with one object. The practice round ends when the object has been tossed to everyone in the group one time.
  - Add Complexity:** Repeat the toss around the circle for a second, then a third time. For each succeeding round the facilitator will add a second and third object to increase the difficulty.
  - Increase the Difficulty:** In succeeding cycles the facilitator will begin adding objects to the process increasing the number of objects in motion across the circle.
  - Optimize the Flow:** If the group is able to orchestrate the maximum number of objects (one object for every person) great! Congratulate the group. If not determine what the maximum and optimum flow would be. The facilitator can reduce the number of objects in the process by dropping them out as they return.
  - Discuss the Implications:** Take a few moments to ask the group what the implications and lessons of the exercise are. Ask, What happened? Why did it happen? How does this relate to our jobs? How does the complexity of the situation reflect real life?

