

Beat The Ball

<i>Place</i>	Indoors/Outdoors
<i>Players</i>	10 to 25
<i>Time</i>	5 Minutes
<i>Energy</i>	Moderate

A great racing game, Beat the Ball can be played most any time or place. It is an excellent way to remedy those "I'm tired of sitting" blues!

EQUIPMENT

- A tennis ball, or something similar

FORMATION

Everyone (except the first runner) joins hands and forms a circle, stepping back to make it as large as possible. Once the circle is fully extended, players drop their hands to their sides.

TO PLAY

Someone in the circle starts with the tennis ball in her hand. The runner stands behind the person with the ball. On the signal to go, the runner begins running around the outside of the circle in a clockwise fashion. The ball is simultaneously passed from person to person along the inside of the circle. The race is to see which returns to the original starting position first: the ball or the runner! You may chose to run the race having the ball make one, two, or even three circuits, depending on the size of the group, time allowed, and the enthusiasm of the runner!

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