

Title

Pass the oranges

Source

Method presented during the International Trainers Laboratory, October 2001, by Russian team. For further information on the International Trainers Laboratory, please contact IJAB e.V., Kerstin Giebel, Heussallee 30, D-53113 Bonn, Tel.: 0228/9506223, Fax: 0228/9506199, E-Mail: giebel@ijab.de.

Field/Content

Cooperation Game

Duration

About 5 - 10 minutes

Participants

Number divisible by two

Aims

- To break the ice and energize the group
- To train cooperation

Materials / Resources

Two oranges

Preparation

None

Methodology

Divide the group into 2 teams. Make 2 lines out of these teams.

Give the oranges to the first persons standing in each line. Each of them should press the orange to his neck with his chin. The person with an orange should pass it on to the next person standing behind him. This person takes the orange in the same way. The aim is to see which of the teams is the quickest in passing the orange.

Evaluation / Debriefing

None

Variants