

# Up Chuck

<b>Type</b>	Active activity that can be done outside or inside (large room with high ceiling). Works on working together.
<b>Group Size</b>	Any group size although if there is more than 20 or 30 people, it will be pretty difficult for the group to be successful to say the least.
<b>Equipment</b>	One ball or soft object that can be thrown and caught per person.
<b>Objective</b>	The objective is for everyone to throw their ball up in the air and catch a different ball without a single one touching the ground.
<b>Rules</b>	<ol style="list-style-type: none"><li>6. Every person in the group has a ball.</li><li>7. Standing in a circle or cluster or however the group wants to arrange themselves, they must toss their ball up to a height of at least 10 feet and then attempt to catch a ball that they did not throw.</li><li>8. The number of balls that hit the ground is that group's negative score.</li><li>9. The goal is to get that score to zero.</li><li>10. Allow the group to work together to make this work. It will be pretty difficult and the group might need lots of time or multiple sessions to accomplish it.</li></ol>
<b>Variations</b>	<ol style="list-style-type: none"><li>1. Have the group start with only one ball thrown and caught. Each time they successfully catch a ball, another is added for the next round until finally they drop one and then the whole thing starts over or they don't get another ball until they throw up the ones they have and catch them all. See how many balls in total they can get to.</li><li>2. Once the group has accomplished this task, give some of them or all of them two balls and that is of course how many they have to catch.</li></ol>
<b>Notes</b>	<ul style="list-style-type: none"><li>• The look on the group's face when they finally throw up the balls and catch each and everyone and there is the dead silence of no objects hitting the ground is priceless. The sound gives it away every time.</li></ul>