Folding Rule

Rationale
This exercise shows the importance of communication and teamwork for a common strategy building and success.

Aims
Participants are willing and able to communicate in the job and can work with others on a common strategy and benefit by the success of the company.

Hattrick Competences
Team spirit
Communication skills

Short description of the planned execution
Each group should consist of at least six persons. They stand in two rows facing each other and pointing out their forefinger, like if they were holding a pistol. You put on their fingers a folding rule which you still hold while explaining their task. Ask the group to lower the folding rule to the ground without anyone losing the contact to it. If that should happen, the group has to start again. Make sure that everyone has understood the task. If you now let go the folding rule it’s very likely that the group will lift it!

Tips
Let the group try by itself and don’t spoil the learning effect by solving it too early. If they want to give up or if it takes a very long time, give a hint how they could succeed or let them try again after a short break.
Only by communication and a common strategy the group will manage to lower the rule.

Debriefing:
What happened?
From your point of view: How did the group solve the task?
How could you use your insights for football? Are there parallels to professional life?

Materials - one or more folding rules
People - small groups, at least 6 participants
Time - ca 15 minutes/round additional ca. 5 minutes/participant debriefing
Purpose - could be used in a workshop or as an activity in regular football training.

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