



Focus on Goals

Setting and reaching goals

Objectives

- After setting a goal, focus on reaching the goal.
- Recognize obstacles to reaching goals.

Supplies: 5-6 tennis balls, depending on group size; 5-6 timing devices

Instructions:

1. Create groups of 5-6 participants.
2. Go around the circle and have each person say their name. If group already is familiar with one another, then have them tell something unique about themselves).
3. Throw the ball, saying the name of the person being thrown to. Remember who you throw to.
4. Repeat the pattern once or twice.
5. Now instruct group that **“THE GOAL IS TO DO IT AS FAST AS POSSIBLE”**
6. Time the group. Challenge them to go faster.
7. To even further challenge the group, throw in a second ball or have them go in reverse. Time each round.
8. Step it Up! Combine two groups. The goal is still the same, there are just added obstacles. They only throw to persons within their group. Time each round. Challenge them to go faster.
9. Step it Up Again! Combine all groups. The goal is still the same, there are just more obstacles. They only throw to persons within their group. Time each round. Challenge them to go faster.

Facilitator Notes



Notes for Facilitator:

- Assign a timer to each group.

Reflection:

- Did the group understand the goal?
- Was the goal reachable and attainable?
- Did the goal change?
- What did change about the situation?
- How does this relate to your life? School activities? 4-H activities? Church activities?
- How does this relate to your role as a leader?

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