

## Comets



### At A Glance

Exciting & engaging energiser using a simple prop.

### Benefits

- Very simple
- Super fun
- Promotes collaboration
- Suits all group sizes
- Multiple challenges

**Time** 2 - 5 min

### Props

- Knee-high nylon stockings
- Tennis balls

**People** Mini 1 – 7

### Step-by-Step Instructions

1. In advance, fill a bunch of knee-high stockings with old tennis balls, one per person in your group.
2. Gather group outside in very wide, open playing space.
3. Distribute one 'comet' to each person.
4. Involving a volunteer, demonstrate the unique release and catch of a comet ball.

5. Invite your group to spread throughout the space, to practice the release and catch of their own comet ball.
6. After several minutes, invite pairs to form.
7. Challenge each pair to toss their comets at the same time and catch the comet of their partner.
8. As skills develop, encourage partners to walk further away from each other to increase the challenge.
9. Continue play for 5 to 10 minutes and/or try a variation.

## Popular Variations

- **Tail Catch:** Challenge people to catch their comet only by the very end of their tail (it's easier to catch by the ball.)
- **Non-Dominant Use:** Invite everyone to use their non-dominant arm/hand to release and catch their comets.
- **Tip Of My Tongue:** Attempt to catch a comet by its tail between one's teeth. In theory, it would seem possible, but I've never seen it. Good luck!
- **Team Comets 1:** Invite two pairs to form a team of four people. Their goal, to release and catch as many of their four comets at the same time. When ready, ramp-up the challenge and combine two groups of four to make eight.
- **Team Comets 2:** Split your group into half, and supply only one 'team' with comets. Separate each team about 30 metres (100') apart from the other. On an agreed signal, all of the comets are launched at the same time, and the other team aims to catch as many as possible. Keep score, repeat several times. Note, place as much emphasis on the release as the catch. The two sides need to work together to achieve the highest tally of catches as possible.
- **Comet Horseshoes:** Place a hula-hoop (or other receptacle) at two ends of your playing space, about 10 to 20 metres (33 – 65') apart. Armed with a bunch of comets, divide your group into two, with each half standing behind one of the hoops. Each 'team' aims to bounce as many comets (not just the tail) inside the opposing hoop (the one furthest away) in 5 to 10 minutes.