

Building Dynamic Groups



Bull Ring

Bull Ring has to be one of the simplest portable challenge activities ever invented. It also has many variations that allows the same equipment to be used for a variety of activities.

Equipment: The Bull Ring is made from a 1 1/2 diameter metal ring, available at most hardware stores, and several pieces of string or twine. You'll also need a tennis ball.

The Challenge: The challenge is to carry a small ball using a metal ring and twine through a series of obstacles and place the ball onto a goal, such as a water bottle or onto a segment of PVC tubing.

Variations: This activity can be made more difficult by transporting the ball around objects such as trees, tables, chairs and fences. Gentle slopes, stairways and narrow doorways also provide additional challenges. Heavier and larger balls are more difficult to transport and harder to keep on the metal ring. You can accommodate more participants, and include the additional element of trust building by blindfolding the participant holding the string and assigning a sighted person to assist them while moving. If you have fewer participants than strings, just allow participants to hold more than one string.

Processing: What made this activity difficult? How did you compensate?
Rate your communication effectiveness 1 to 10. Why?
Was there one leader or more than one?
Identify various leadership roles.
Was anyone excluded? All included?
Rate cooperation on a scale of 1 to 10? Teamwork?

Reference: Fark, J. (1994) Bull ring. Team challenge: Introduction to low initiatives training. (Available from Ohio State University Leadership Center, 109 Agricultural Administration Building, 2120 Fyffe Road, Columbus, OH 43210)