

# Hula Hoop Circles



## Problem Solving

<b>TIMING:</b>	15 mins
<b>WHAT:</b>	Movement Activity
<b>WHEN:</b>	Training Activity
<b>WHO:</b>	Group

### ACTIVITY SUMMARY

This is a fun activity where players have to work together to successfully complete the challenge. Players stand in a circle, holding hands, and must move the hula hoop around the human circle without letting go.

### SET-UP AND GEAR

- Hula Hoop

### INTENDED OUTCOMES

- Players have fun and bond with their teammates while problem-solving and working together.

## Activity Outline

2 mins  
(set-up)      The coach explains the activity and organises the players to stand in a circle holding hands. Before the last two players hold hands, the coach places a hula hoop over one person's arm.

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5 mins      On your whistle, the players must pass the hula hoop around the circle of players. As they are holding hands, they must figure out how to move the hula hoop by shimmying and wiggling their bodies through the hula hoop - no grabbing of the hula hoop is allowed.

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5-10 mins      After completing the activity once, discuss with the players what went well and what could be improved, and try again. Repeat as many times as you wish.

## Tips & Tricks

- To change things up, you could challenge players to play with eyes shut or divide the group in two circles and have them compete.
- Timing how long it takes for players to move the hula hoop around the circle could work as good motivation for players to try and problem-solve a faster, more efficient way of moving the hoop, aiming to beat their initial time.

### PILLAR INSIGHTS

This fun activity gives young people the opportunity to creatively solve problems and work collaboratively with others. It gives players a chance to work together as a group and helps build their resilience by offering an opportunity to problem-solve and work together.



#### PSYCHOLOGICAL

It's important to give players the opportunity to develop their problem-solving skills in a supportive and structured way. Activities such as this are a simple way for young people to explore and test their resilience while having fun at the same time. As your players complete this activity, remember to praise the process (how they are doing something) rather than the outcome, for example, "excellent communication, keep it up!" or "well done, great teamwork."