

## The Food Project Baseball

**Impact:** Energizes a group with physical activity; challenges teams to work well together

**Risk:** Low emotional, medium physical

**Group Size:** 12 or more

**Time Required:** 10 – 20 minutes

**Materials:** Rubber chicken

### Directions:

- Divide the group into two teams. One team (team A) is the “infield.” The other team (team B) is the “outfield.”
- Team A starts by throwing a rubber chicken anywhere in the designated play area. The chicken must be allowed to land on the ground.
- Once the chicken has been thrown, team B runs toward it and forms a single file line behind it. The first person in line picks up the chicken and passes it over his or her head to the person directly behind, who passes it backwards through his or her legs. This over-under pattern continues until the chicken has reached the end of the line and the last person yells “STOP.”
- Meanwhile, team A is scoring runs. A run is scored each time a group member from team A runs around all of team A.
- As soon as team B yells “STOP,” team A stops counting runs. Only full revolutions count as runs.
- Now team B is the infield, and they begin by throwing the chicken anywhere in the area of play. Team A runs to it and gets in a single file line, passing it over and under, while Team B is scoring runs by one team member running around the entire group.
- Teams keep track of their own scores, which are cumulative from inning to inning. Play as many innings as seems to fit with the group!

### Option:

- This game can be done with very large groups in a very large area of play.

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### Want More?

For more **team building activities**, please see our book *Growing Together* at [thefoodproject.org/books](http://thefoodproject.org/books).

Want to learn more about how we create youth leadership development models in the context of farming, our social justice curriculum, and our food access initiatives? Attend one of our Institutes! More info at [thefoodproject.org/institute](http://thefoodproject.org/institute).

