

Flop Ball Engagement Activities



Flop Ball Games

We've put together a collection of Flop Ball games you can use to create energetic competition, strengthen teams, or fill down time between other activities just for fun. The games are organized into 3 categories:

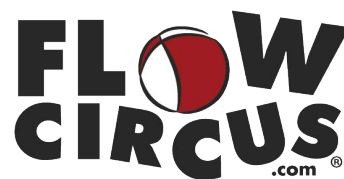
- **Individual Competitions:** Start with a big group, but watch the number of competitors dwindle as the skills get harder.
- **Partner Challenges:** Build connections and skills together to accomplish these 2 and 4 person tricks.
- **Team Challenges:** Challenge small groups to get to know each other better with these engaging icebreakers and team building exercises.

Hopefully, this selection serves as a springboard for you and your players to create your own original tricks and games. *The Flop Ball has no limits!*

If you come up with a great game or programming idea we'd love to hear about it so we can share it with others.

Send ideas, comments, and questions to:

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Flop Clap

Individual

An elimination game to see who can clap the most times between tossing and catching the flop.

Group Size: 2-200

Materials: 1 Flop Ball per person

Game Set Up:

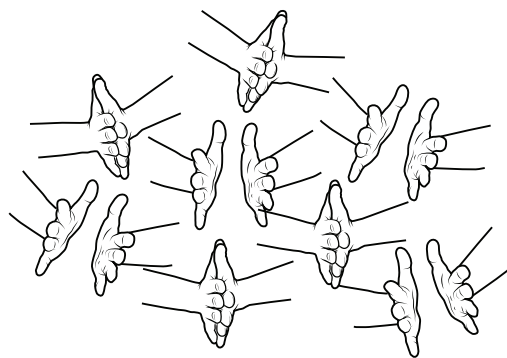
- Players spread out and remain in same spot throughout game.
- Each player has a Flop Ball.

Game Play:

- While doing a flat or flip, each player claps once while the flop flies.
- If the flop drops, player takes a seat.
- Next round begins and players try for 2 claps.
- Keep adding a clap with each round to see how high the clap count can go.

Game End:

- Last player standing wins.
- Keep track of the record for most claps.



Alternate Option:

- Issue a challenge on Monday to see how many claps then can master by Friday.
- Have students submit a video, stop by your booth, or compete in an in-person contest to show off their new skills.

Stack Flips

Individual

An elimination game to see who can flip the tallest stack of Flop Balls.

Group Size: 5-10

Materials: 30 Flop Balls

Game Set Up:

- Players stand in a circle with a pile of Flop Balls in the middle
- Each player starts with 1 Flop Ball.

Game Play:

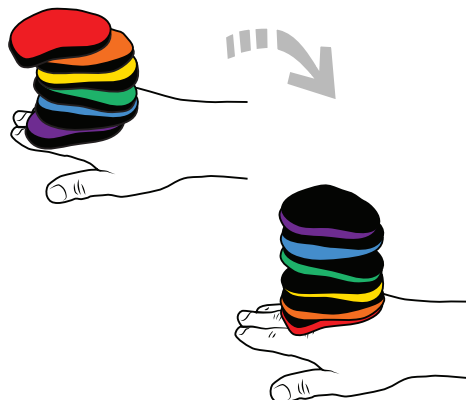
- Beginning with 1 flop, everyone counts 3-2-1-flop!
- On *flop*, players do a half flip.
- Successful completion means they move up to next round.
- Players that drop get a 2nd try. After 2 attempts, they put their flop back into the pile and take a seat.
- With each round, players add a Flop Ball to the stack and attempts a half flip.

Game End:

- Tallest stack wins.
- Keep track of the record for biggest stack throughout the week/month.

Game Variation:

- *Slop Stack*: any catch along hand and arm count as successful.
- *Prop Stack*: stack must remain a proper stack to count as successful.



Foot to Hand Stacks

Individual

An elimination game to see who can toss the tallest stack of Flop Balls from their foot to the back of their hand.

Group Size: 5-10

Materials: 30 Flop Balls

Game Set Up:

- Players stand in a circle with a pile of Flop Balls in the middle.
- Each player starts with 1 Flop Ball.

Game Play:

- Beginning with 1 flop, everyone counts *3-2-1-flop* !
- On *flop*, players kick one Flop Ball up from foot and catch on the back of their hand.
- Successful completion means they move up to next round.
- Players that drop get a 2nd try. After 2 attempts, they put their flop back into the pile and take a seat.
- With each round, players add a flop ball to the stack and place the stack on their foot.

Game End:

- Tallest stack wins.
- Keep track of the record for biggest foot to hand stack throughout the week/month.



Simon Flops

Individual

A game of Simon Says with Flop Balls.

Group Size: 5-20

Materials: 1 Flop Ball per person

Game Set Up:

- Players spread out and remain in same spot throughout game.
- Each player has a Flop Ball.
- Someone is designated as “Simon”

Game Play:

- Follow “Simon says...” with a trick named and/or demonstration by the leader.
- Possible tricks for Simon to use:
 - Begin with simple flips and flats
 - A sequences of tricks
 - Clap between throws and catches
 - Fancy catches like on the foot or head
- When players drop trying to do the trick or they do a trick when the leader names and does the trick w/o saying “Simon Says”, they take a seat.

Game End:

- Last player standing wins

Horse F-L-O-P

Individual

A game of H-O-R-S-E using Flop Ball tricks instead of basketballs and hoops.

Group Size: 3-5 (several groups can run at once)

Materials: 1 Flop Ball per person

Game Set Up:

- Players stand in a circle with a pile of Flop Balls in the middle.
- Each player starts with 1 Flop Ball.

Game Play:

- Players determine the order in which they will play.
- Player 1 names and attempts a trick. Player can get creative and make up their own. If not successful, the flop automatically goes to player 2 to create a challenge.
- If Player 1 is successful, the other players try it. When another player cannot execute the trick, they get awarded a letter.
- For each failed attempt, a player gets a letter which will eventually spell: F-L-O-P.
- If they can replicate the trick, they avoid getting a letter.
- After everyone has tried Player 1's trick, it moves to Player 2 to create a new challenge.
- Exception: If everyone is successful doing Player 1's trick, then Player 1 gets to create another even harder trick.

Game End:

- The group keeps playing until all but one player spelled F-L-O-P.

Flop Golf

Individual

Mini-golf with Flop Balls. Players toss their Flop Ball to reach targets spread across a room or field.

Group Size: 4-6 players per target

Materials: 1 Flop Ball per person

Game Set Up:

- Set up your golf course by placing starting lines and targets throughout available space.
- To increase difficulty, vary the distance, obstacles, and target size. For example, using a piece of paper on the floor would be an easier target than trying to land the flop on the top of a traffic cone.

Game Play:

- Each player takes a turn standing behind the starting line and tossing their Flop Ball from their back of hand toward target. Flop stays where it lands.
- If they land on the target with the first throw, players yell “flop-in-one!”
- Once everyone has thrown the first throw, the player whose flop landed closest to target stands where the flop landed, picks it up, and tosses toward the target again.
- Players track score of total throws it takes to get to each target.

Game End:

- Players add up the number of throws for each of the targets.
- The player with the lowest total tosses wins.
- Scores can be totaled for individuals or teams

Long Flop Toss

Partner

The classic egg toss game but with Flop Balls.

Group Size: 2-20

Materials: 1 Flop Ball per pair of
players

Game Set Up:

- Create 2 lines of players facing each other with approximately one arms length between the 2 lines.

Game Play:

- Using the back of their hands for both tossing and catching, player in line 1 tosses a flop to the player across from them.
- Player in line 2 catches and then tosses back.
- If both players successfully catch the flop on the back of their hand, they each take a step back.
- If unsuccessful, the team sits down.
- After each round, players take another step back increasing the difficulty.

Game End:

- The longest successful toss wins.

Additional Challenges:

- Using two fl ops, partners toss to each other at the same time.
- Instead of just one, toss stacks of 2 or 3.
- Specify which kind of throw (i.e. back, front, half, or full flip).

Circle Flop

Partner

A fun partner passing pattern that builds in difficulty as you play.

Group Size: 2-20

Materials: 1 Flop Ball per pair of players

Game Set Up:

- Create 2 lines of players facing each other with approximately one arms length between the 2 lines.

Game Play:

- Using the back of their hands for both tossing and catching, player in line 1 tosses a flat to the player across from them.
- Player in line 2 catches, does a swap (passing it to their other hand), and then does a flat back to their partner.
- Player 1 catches, does a swap, and passes back to partner.
- Players repeat to create a circle pattern with the Flop Ball

Game End:

- No winners in this game except that everyone becomes more aware of their partner and community with him or her.

Additional Challenges:

- Do flips instead of flat passes.
- Players can randomly change direction on each other or facilitator can yell out "switch."
- Pass stacks of 2 or 3 flops.
- Players take a step back to create more distance.
- Add a second flop to the circle pattern so that they travel in the same rhythm. See if partners can get 3 or even 4 going at the same time.

Square Flop

Partner

A fun 4 person passing pattern that builds in difficulty as you play.

Group Size: 4-20

Materials: 1 Flop Ball per player

Game Set Up:

- A pair of players face each other and a second pair stand perpendicular to the first so that their play will criss cross each other in the middle of the square they've created.

Game Play:

- Pair 1 practices passing the flop around in a Circle Flop pattern (see previous game) then pause while pair 2 practices.
- Then both pairs pass simultaneously. Let them try different methods to make it work (ex: one pair does the self pass while the other does the cross or one pair passes low while the other passes high or sing a song while passing so everyone stays in the same rhythm)
- Teams should communicate about what's working and what's not.

Game End:

- No winners in this game except that everyone becomes more aware of their partner and community with him or her.

Additional Challenges:

- Do flips instead of flat passes.
- Players can randomly change direction on each other or facilitator can yell out "switch."
- Pass stacks of 2 or 3 flops.
- Players take a step back to create more distance.
- Add a second flop to the circle pattern so that they travel in the same rhythm. See if partners can get 3 or even 4 going at the same time

Flop Corn

Team

A name-learning icebreaker where players stand in a circle and pass 1 or more Flop Balls around.

Group Size: Teams of 5-10

Materials: 1 Flop Ball per team

Game Set Up:

- Have teams of 5-10 stand in a circle.

Game Play:

- One player begins by tossing the Flop Ball to a player across the circle while saying the other player's name.
- To catch the flop, players can create a paddle by lining up both hands side by side with palms down.
- Flop ball is passed in a random pattern until it reaches everyone once and the Flop Ball returns to first player. With each pass, the tosser should say the name of who they pass to.
- Have players repeat the same pattern a few times seeing how fast they can get the flop moving.

Additional Challenges:

- Complete as many cycles as possible in 2 minutes.
- Have players take a step back to increase toss distance.
- Use the back of only 1 hand.
- The player holding the flop at any time can say "switch" and reverse the pattern.
- Get as many flop balls going in the same pattern.
- Use other objects to catch the flop (ex: tennis racket, book, shoe, spoon, etc.)

Franken Flop

Team

Similar to “I packed my bag” or “going on a picnic,” this icebreaker game has players add an item to a building list.

Players create a monster series of flop tricks that’s different every time.

Group Size: Teams of 4-6

Materials: 1 Flop Ball

Game Set Up:

- Players stand in a circle facing each other.

Game Play:

- First player introduces themselves (if the group doesn't know each other), shares a flop trick/move, and pairs it with a sound effect.
- Everyone in the group repeats the move and sound effect.
- The next player introduces his/herself, does move #1, then adds a second trick/move with sound effect.
- The group repeats move 1 and 2.
- Each group member continues adding in this way building a unique and playful series of tricks.

Game End:

- Everyone has added their trick and you have one monster of a routine.
- See who can do all the tricks in the right order without forgetting any!

Ultimate Flop

Team

Like Ultimate Frisbee, but using Flop Balls and the back of your hands. Two teams compete to successfully pass the flop across the goal line.

Group Size: 2 teams of 5-10 each

Materials: 1 Flop Ball & markers for 2 goals

Game Set Up:

- Set up 2 goals on opposite sides of a room or field.
- The size of the field can be adjusted based on number of players.
- Flip a flop and one team calls the color to determine which team starts.

Game Play:

- Starting team begins play behind own goal line.
- Player in possession of flop must stand in place.
- Flop only moves if passed from player to player.
- Defensive players must remain 2 arm lengths from player in possession of flop.
- If the flop is dropped or blocked, possession goes to defending team at the spot where it is dropped.
- Goal scored when flop is caught past the goal line.

Game End:

- First team to get to 5 goals. The team with most goals after a designated amount of time wins.

Flop Goldberg Machine

Team

A Flop Goldberg machine is intentionally designed to perform a simple task in an indirect and overcomplicated fashion.

Groups are challenged to create a tangle of players with the goal of moving a Flop Ball stack from one place to another.

Group Size: 5-20

Materials: 1 Flop Ball per player

Game Set Up:

- Group arranges itself so that every player is within reach of at least one arm's length of another player.
- Players remain in the same spot once in place.

Game Play:

- Group sees how fast they can move one flop by tossing it through the machine.
- After a few rounds of practice, the first person starts the first flop, then adds a second, third, or more to see how many they can move through the Flop Goldberg machine in a set amount of time.
- Run it a few times to see if they can improve their results

Additional Challenges:

- Challenge the team to pass a Flop Ball through the machine in order of age, alphabetical order of first name, or other criteria without moving from their original position.
- Have one Flop Ball move through the line via one pattern (ex: age) and a second Flop Ball move through via another (ex: name).