This talk is about a joint work with Martin Kalck and David Ploog.

An object F in a triangulated category is called d-spherelike, if its endomorphism algebra is isomorphic to the cohomology of a d-sphere. If one also asks for F to be a d-Calabi-Yau object, one would arrive at the well-known notion of a d-spherical object. For such an object, Seidel and Thomas defined a functor, the so-called spherical twist, which is an auto-equivalence.

Without this CY-condition, we can still show that there is a maximal triangulated subcategory, where F becomes spherical -- the spherical subcategory associated to F.

Besides speaking about its basic properties, I will also give some geometric examples.