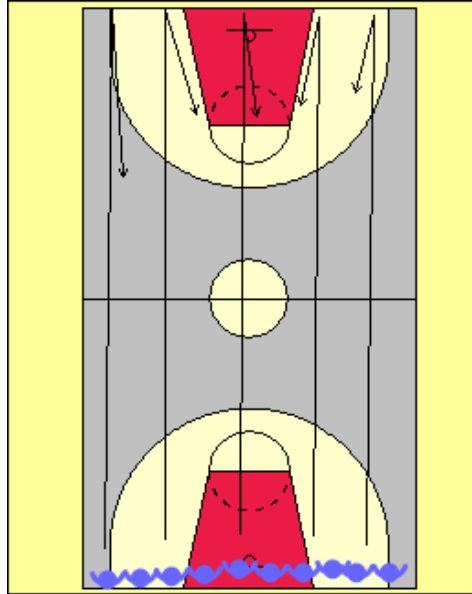




Team building activities

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1) 24 seconds

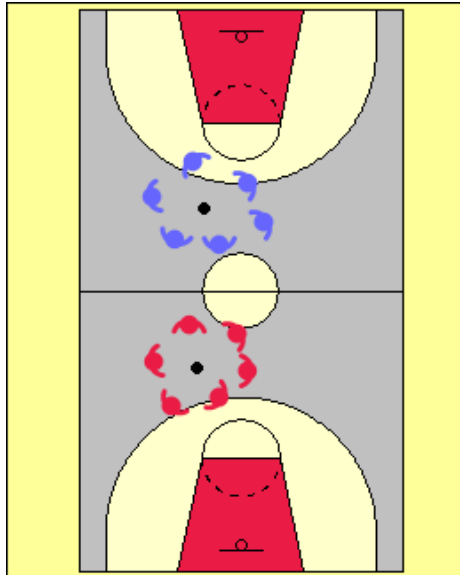
Lining up on the baseline the team holds hands. The instructions are to move as a team to the far baseline and touch the baseline with your foot. Without letting go of your hands return and touch the baseline you started from in exactly 24 seconds.

Note: You want them to work together.

- Watch for leadership opportunities.
- Do all ideas get listened too
- You gives energy who takes energy

Load

- Make them move in rhythm - stay at a constant pace.
- Move at three distinct paces- walk, jog, run



2) Ball touch drill

Divide the team into smaller groups of about 6 people. The instructions are as follows:

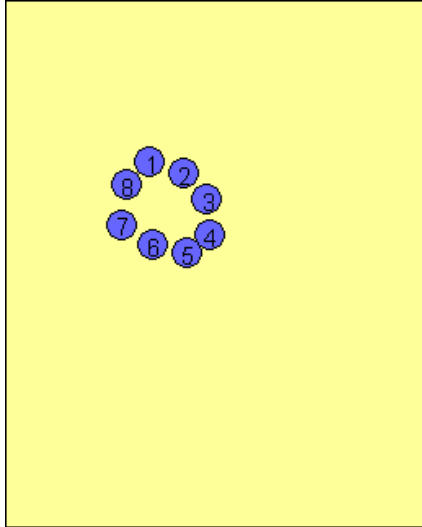
- Each player must touch the ball once
- only one player can touch the ball at a time
- each person must call the name of the person who will touch the ball next
- time starts when the name of the next player is called
- time stops when the last player touches the ball

When doing the demonstration hold the ball in your hand and call another persons name and pass the ball. This plants the idea that the ball must be passed. It is not a rule, but they will make the assumption. We want players to think outside the box and not look for what the teacher or coach says.

Time the group.

The best way is to place the ball on the ground and touch it with your hand when the name is called.

Always debrief to ask what they learned about team work.



3) Stand up from circle

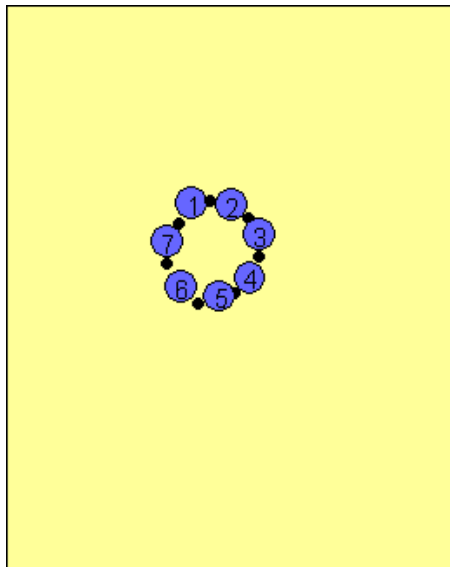
The players sit in a circle on the floor. Both feet must stay flat on the floor and the knees bent at ninety degrees. No other body part can touch the floor except the bottom of the feet and the player's behind.

Goal - All stand up at the same time

Hint

They will need to hold hands. When you suggest this motion like they should hold hands with the person beside them. Finally suggest that you never said who they could hold hands with.

In all of these activities you are trying to get the kids to think outside the box. Always debrief the leanings.

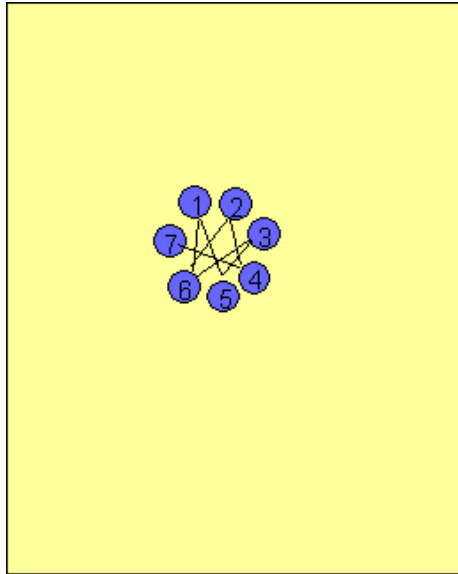


4) Group squat

Players form a tight circle and place a ball between their knees and the person beside them. The

players must perform a group squat down and back up without losing the balls.

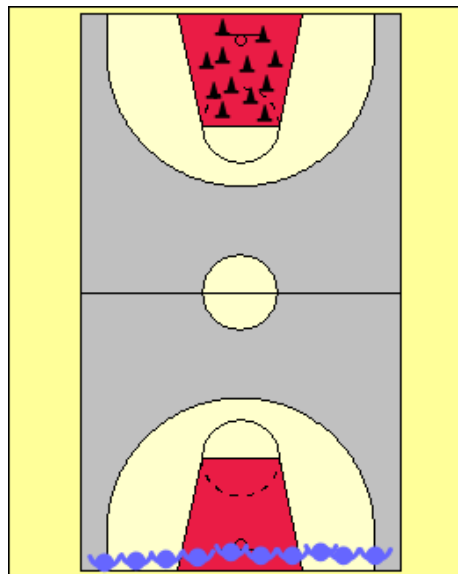
Debrief the activity. This will be difficult for players whose knees move in on the squat.



5) Human knot

Form a circle. Put your right hand in a join hands with someone who is not standing beside you. Now join left hands with someone different who is also not beside you. Without letting go untie the knot. You can end up with a circle, two circles or a figure of eight.

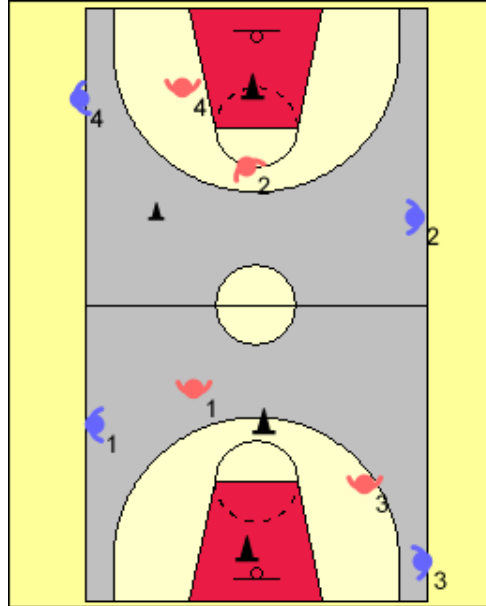
Remember to debrief the activity.



6) Diffuse the bomb

Have a pylon for every child. Place sequential numbers on the pylons. 1, 2, 3, 4, 5... (You can put a

piece of masking tape with a number on it). Starting at the opposite baseline the players must move down to the far key and diffuse the bomb. They must touch the pylons one at a time with only one person being allowed in the key at a time. A different person must touch each pylon. They must get back across half court in a specific amount of time.

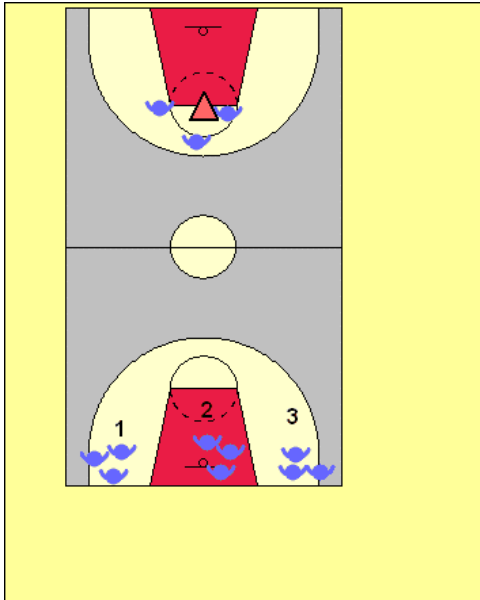


7) Blind fold game

You will need blind folds for ever second player. Heavy duty paper towel works great. Choose an item that is identifiable to the player (pylon, sneaker, sweat shirt).

The blind folded players start on the sideline. Their partner places the object somewhere on the basketball court. (I suggest once the game starts that you move the object.) The non blindfolded player cannot move onto the court. By giving directions he/she tells the blindfolded player where to go to retrieve the object. The more people involved the more the noise causes problems.

You can put obstacles in the way so players must negotiate around them. Great for teaching clear instructions.



8) Lego

You will need similar Lego blocks. Build a small object using Lego. Make sure each group has the same Lego's to build with.

One person runs down to the far end and looks at the Lego design. He/she runs back and tells the others how to build the design. He/she cannot touch the blocks. They may have to run back down to see the design.

Another way is to let them see the design only briefly. Allow another person to go after a period of time. This is excellent for clear communication and observation skills.