

Team Building

Monday

Line-up game (10-15)

This game is designed to get the campers talking and interacting with their team members. The game is fairly simple, all the team building coach has to do is call out an order in which the team must organize themselves. Examples could be by age, by the first letter of their first name, by the second letter of their last name, etc.

Human Knot 2-3 times (20-30)

Once the campers have been somewhat acquainted with each other they will play the human knot in order to establish teamwork. In this game each team must first stand in a circle and then reach out and grab the hands of another camper in the circle. They can not grab both hands of the same person, or of the person next to them. The team builder leader must make sure that that each teams know is not too hard or too easy. Once each team has made their knot they each begin to untangle and whoever can untangle the fastest wins.

Tuesday-Wednesday (Any of these games can be combined on Tuesday and Wednesday depending on the school resources, and campers)

Ball Pass:

In this game the teams will stand in circles. Then they will be given a red dodge ball. With the ball the first person must pass the ball to a random person not beside them. That person must pass the ball to another so and making sure that no one person gets the ball twice, until everyone has touched the ball. Then it must be passed back to the person who started the chain. This forms the pattern for the ball. They must then started passing the ball as fast as possible, as the become proficient at this add more balls varying in size and weight to create difficulty. (this game can last for up to 1 hour without them getting tired of it)

Drawing Game:

Simple game but can be effective in demonstrating communication skills. Each team must line up front to back sitting on the ground. Then each couch must sit at the front of the row. The team building leader will show a simple picture to the last person in the row. They must then draw it on the back of the person in front of them, each person must then draw what they think the picture is and the coach will draw the final image.

Passing the Hula-Hoop:

First each team must form a circle and join hands. Then a hula-hoop is given to the coach who is also in the circle, they will add the hula-hoop to the circle. Then point of the game is to then pass the hula-hoop over each persons body and around the circle. This game can take on many variation and go on for awhile.

A-# Spelling

This game is to teach the campers to follow the instructions of their coach. They are to make the letters of the alpha bet one by one on the ground by sitting or lying down, and by the direction of their coach. They must use all campers for a team to move on from one letter to the next. The first team to go through the entire alphabet wins. Other games may be played with this such as then spelling their team name, words, etc.

Thursday

Tug-of-War

Self-explanatory. Each team will play tug of war numerous times against other teams, in pairs with other team, etc.