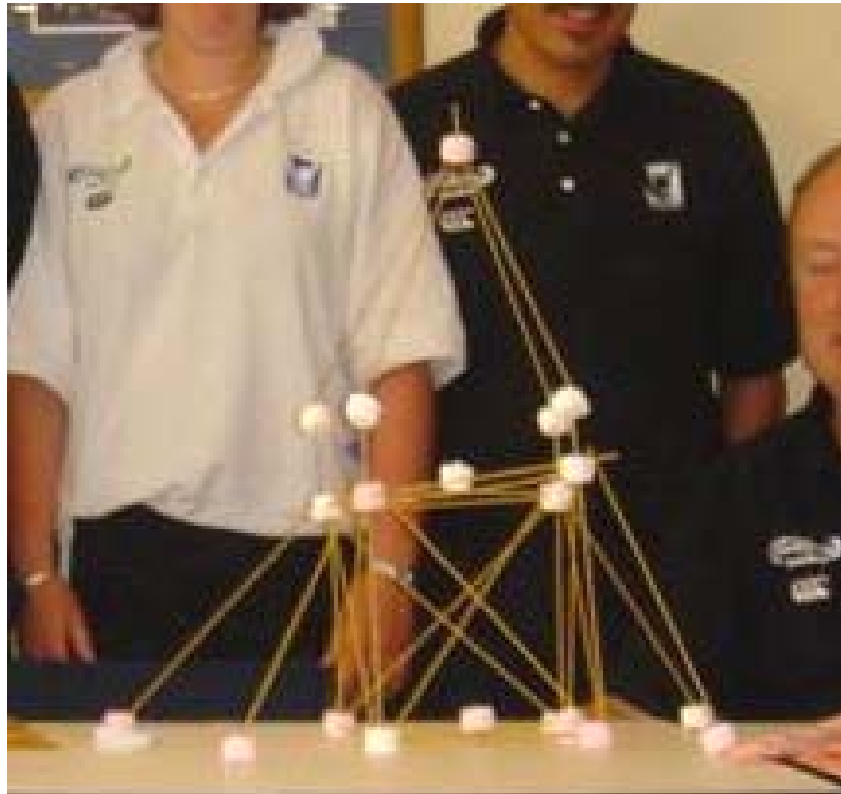




# Team Building / Warm Up Games



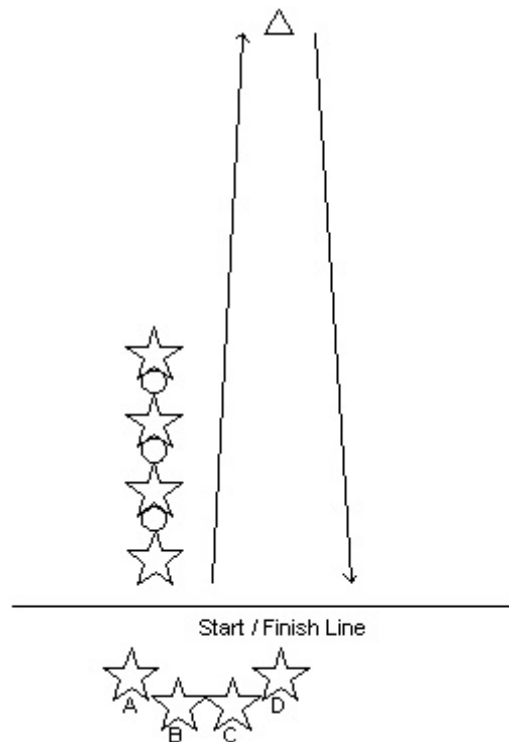
## Title: Balloon Train

**Objective:** Strategy and teamwork to get all team members over the finishing line without the fully blown up balloons touching the ground, or bursting!

### Equipment Needed:

- Balloons

### Setup:



### Description:

- Split into teams of 4
- Teams are given 2 minutes for a strategy meeting
- Four players link arms
- Players B & C cannot use their arms in the blowing up or tying the balloons
- Players A & D can only use their outside, unlinked arm in the blowing up and tying of the balloons
- Teams blow up three balloons
- Balloons must be a reasonable size – the facilitator, or judge will determine the size is adequate before tying
- Once blown up the balloons must be tied and kept off the ground
- Once all the balloons are tied, the team unlinks arms and makes a train line with the balloons placed between each member
- Hands can be used to place the balloons but once the team starts to move, the players hands must be on the waist or shoulders of the player in front of them
- Team moves together keeping the balloons off the ground and intact until they reach the finish line

### Variations:

Have teams of 5 and use one player as a coach, 4 balloons – who then joins in during the final train stage

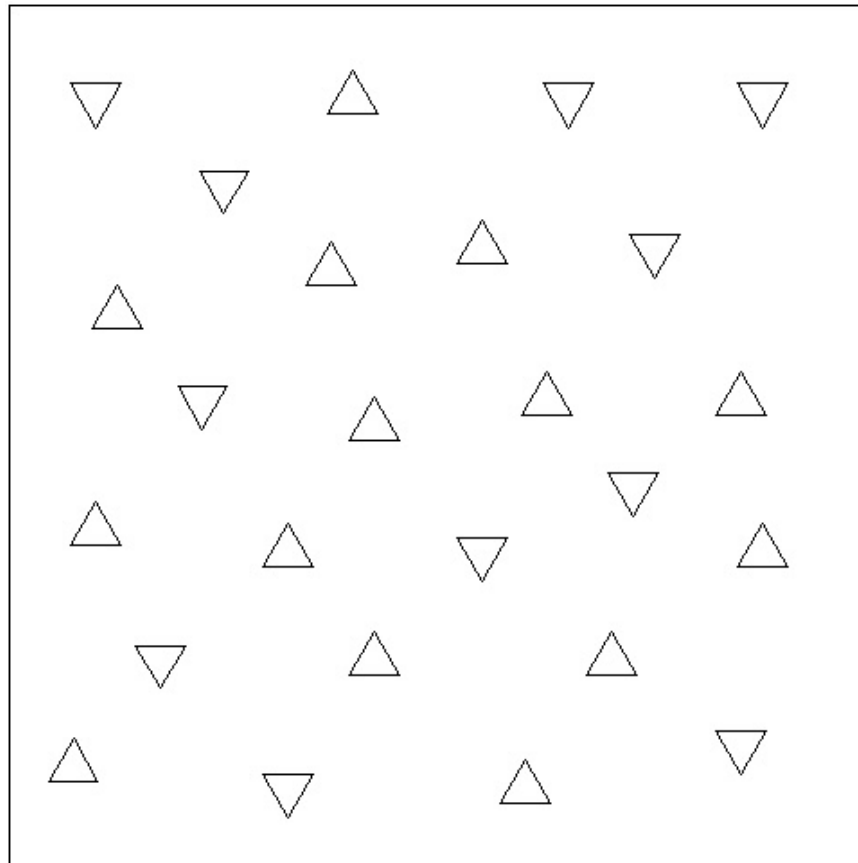
## Title: Cones Up, Cones Down

**Objectives:** Half the team tries to knock all the cones down while at the same time the other half puts the cones back up again.

### Equipment Needed:

- At least 20 cones

### Setup:



### Description:

- There are 2 teams of equal numbers
- Team 1's objective is to knock the cones down
- Team 2's objective is to put the cones back up
- Start with half cones up, and half cones down
- Players have to grab the cone and turn it over not just hit the cone to knock it over
- After 1-2 minutes stop and count the number of cones up and the number of cones down. Whichever team has the most wins
- Swap so that team 1 now puts cones up and team 2 knocks them down

### Variations:

- On your knees only
- Duck walk only
- One hand only

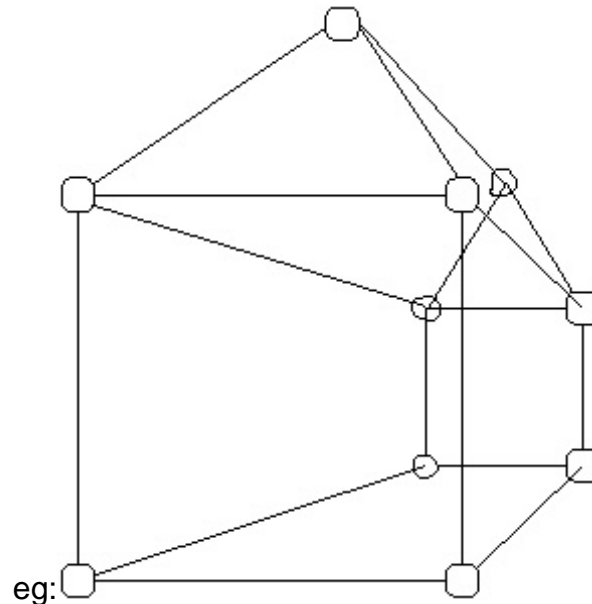
## Title: Construction Site

**Objective:** Strategy and teamwork – indoor team building activity

### Equipment Needed:

- 1 x bag or spaghetti
- 1 x bag of marshmallows

### Setup:



### Description:

- Split into teams of 3 or 4
- 15 – 20 minutes planning and construction time
- Team must build a structure that has height and stability using marshmallows as joiners and the spaghetti as links
- Teams are judged on
  - Teamwork
  - Finished product (design/structure/stability)
  - Oral presentation of their finished product

### Variations:

- Have a theme eg spaceship, hockey goal, sculpture, favourite shapes (squares, triangles diamonds)

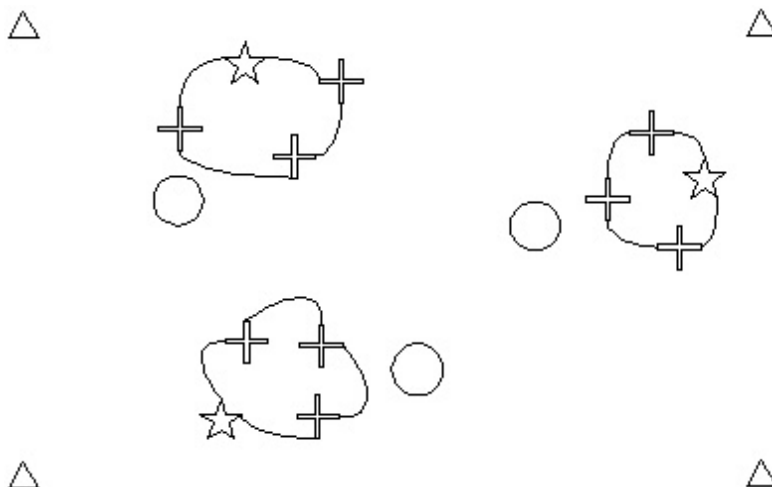
## Title: Dodge Tag

**Objectives:** Team building activity to get players to work together to protect another member of their team

### Equipment Needed:

- 4 x cones to mark the boundary area

### Setup:



### Description:

- Play begins with 3 or 4 players holding hands with one player being 'protected' (star)
- A tagger (circles) attempts to touch the protected player (star) by moving quickly around the outside of the group
- The circle players (crosses) must move around to try and stop the tagger touching their protected player
- The tagger cannot reach through or under the other players
- If the players release hands the game is over
- Once the tagger is successful the protected player becomes the new tagger, and a new player is chosen to be protected
- Set a time limit of about 1 minute and then change players

### Variations:

- More players in the circle

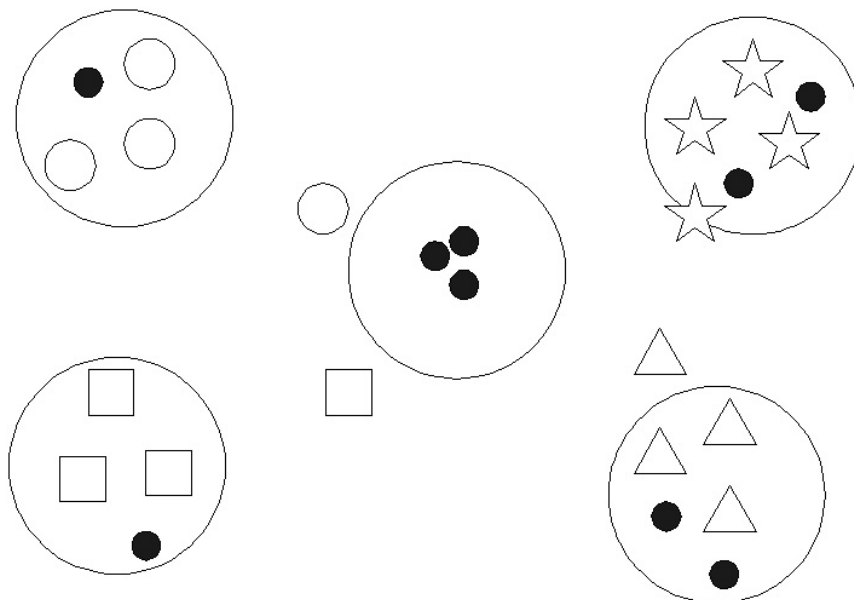
## Title: Rob the Nest

**Objective:** To gather as many 'eggs' in your nest as possible during a certain time

### Equipment Needed:

- 20 x balls or bean bags
- 5 x hoops/ 15 cones

### Setup:



### Description:

- Divide team into groups of 3 or 4, one team behind each hoops or group of cones (see above).
- All the balls start in the centre hoop and on the word GO from the coach one player from each team runs to the middle, collects an 'egg' then returns to their own nest and the next players has a turn.
- When all the balls are gone from the middle, players can steal from other team's nests.
- No interference from other players is allowed
- Only one ball can be collected at a time
- At the end of a certain time period e.g. one minute, players count the number of eggs in their nest and the team with the most wins.

### Variations:

- Assign numbers or groups to players so that when the coach calls out '3' or 'bananas' those players run and collect eggs until the coach calls a new group. This is instead of taking turns
- Play with hockey sticks, so players have to dribble the ball back to their nest and trap it dead within the nest so it doesn't roll away

## Title: Steal the Bacon

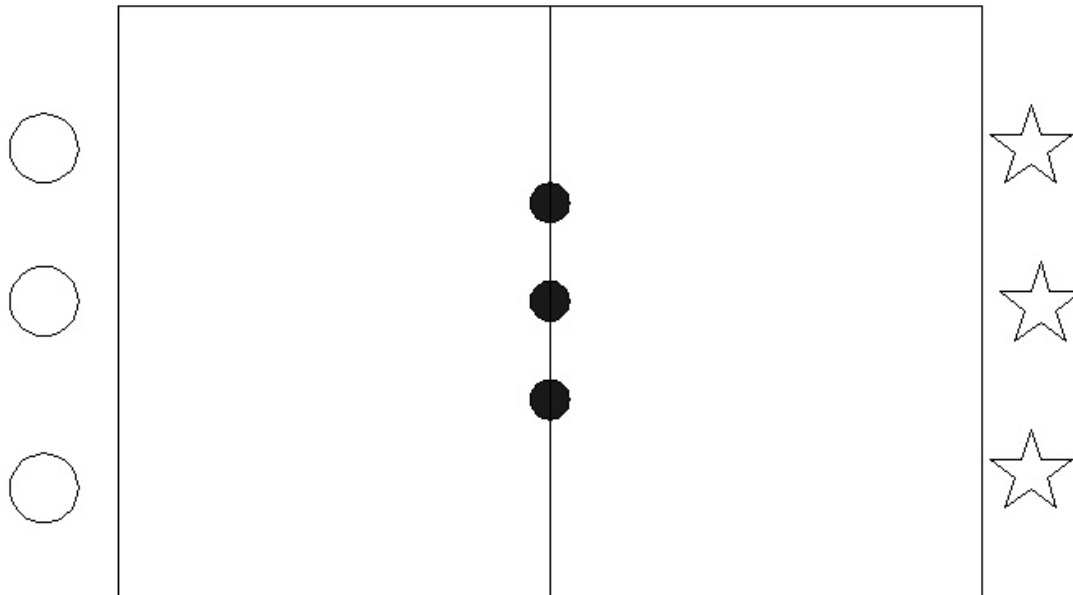
### Objective:

To steal the 'bacon' before your partner does. This tag game requires strategy and skill

### Equipment Needed:

- 4 x cones
- 1 x bean bag (hacky sack/small ball) per pair

### Setup:



### Description:

- Divide the team into pairs. Have a bean bag (bacon) per pair. Place the beanbag on the centre line of a 10 metre area
- Pairs line up behind their end zones. On the word 'GO' from the coach both members of the pair race to the middle to attempt to retrieve the bean bag and make it back to their end zone without being tagged by their partner
- Once the bean bag is touched by either of the pair that person is in possession and must pick up the bean bag
- Once "in possession " the player must hold onto the bean bag until they either cross the end zone and are safe or are tagged by their partner
- You cannot bat the bean bag along the ground and you cannot physically dominate your partner

### Variations:

- Before attempting to pick up the bean bag, the players must complete different activities. E.g. Star Jumps, shuttle runs, sit-ups
- Have one bean bag between 4 people

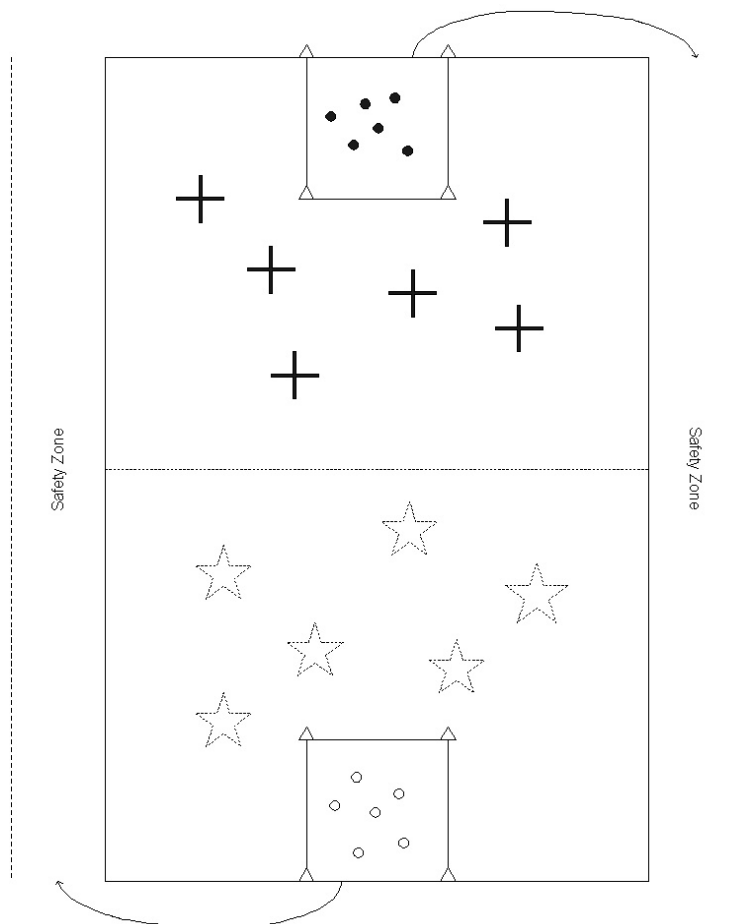
## Title: Strategy Game

**Objective:** Strategy and teamwork

### Equipment Needed:

- 6 x White balls
- 6 x Orange balls
- Bibs for one team
- 20 x Cones to mark out areas
- 1/4 field pitch

### Setup:



### Description:

- Each team has to protect their own balls while trying to steal the oppositions coloured balls
- Players start the game in their own half
- If a player is tagged in the oppositions half they must return to their half before attacking again
- Once a player has moved into the ball zones they cannot be tagged
- A player can only pick up one ball at a time
- Once gaining a ball they must take it up the outside "Safety Zone" (where they cannot be tagged) and place it in their own defensive ball zone
- Players can choose to take one of their own captured balls back if the opposition has collected any
- Play for three minutes – can rotate teams at this time if there is a team in reserve, can also stop to allow a strategy meeting and a drinks break!
- Winner is the team with the most balls at the end of the timed period



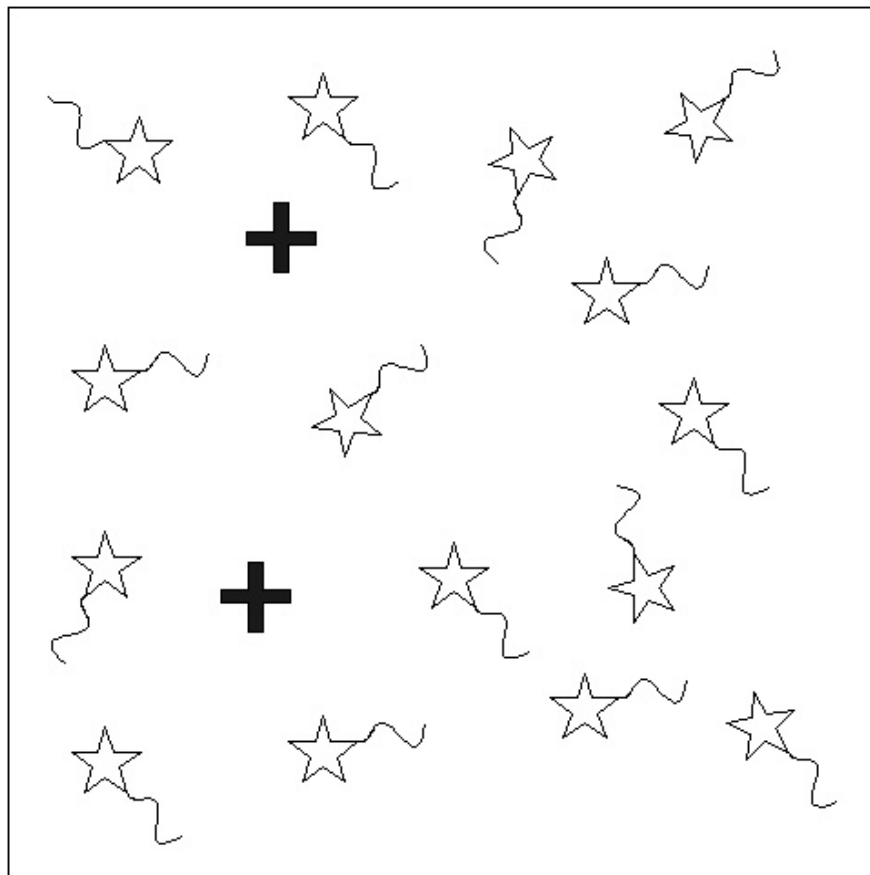
## Title: Tail Tag

**Objectives:** Hockey movements – sideways, change of pace, dodge

### Equipment Needed:

- 4 x cones to mark the boundary area (20m x 20m)
- Bibs

### Setup:



### Description:

- Two players are chosen to be “in”
- All other players receive a bib which must be tucked into their shorts and visible
- The two “in” players try to collect as many bibs as possible over a given time – eg 30 seconds
- Once a player's bib has been removed they exit the square until the next game

### Variations:

- More than one person “in”
- Once a player has their bib removed, they become “in” and join in trying to get as many bibs as possible

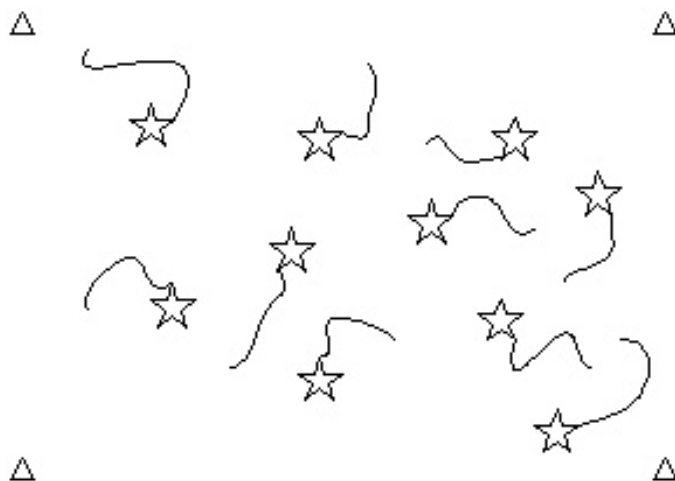
## Title: Traffic Control

**Objective:** Warm up activity promoting good listening skills and awareness of space

### Equipment Needed:

- 4 x cones
- Hockey stick and ball per person

### Setup:



### Description:

- Players dribble the ball around the marked area in different directions, slowly building up speed
- Once players are moving around, the coach calls out one of the following 'traffic controls' and players must react accordingly:
  - **Red:** players stop with their ball
  - **Orange:** players tap their ball from left to right while standing still
  - **Green:** players dribble their ball around the area
  - **Motorway:** players speed up
  - **Reverse:** players dribble their ball backwards
  - **Dangerous Driver:** you (the coach) runs into the area with a hockey stick and attempts to hit the players balls out of the coned area. If a ball is hit out, the player performs a fun challenge before rejoining the game
- Add commands one at a time, so players remember them
- Encourage players to keep close control of the ball and to frequently look up so they don't dribble into other players

### Variations:

- Start off slowly to warm up
- Make it walking only for a cool down

Hold up different coloured items to represent the different commands

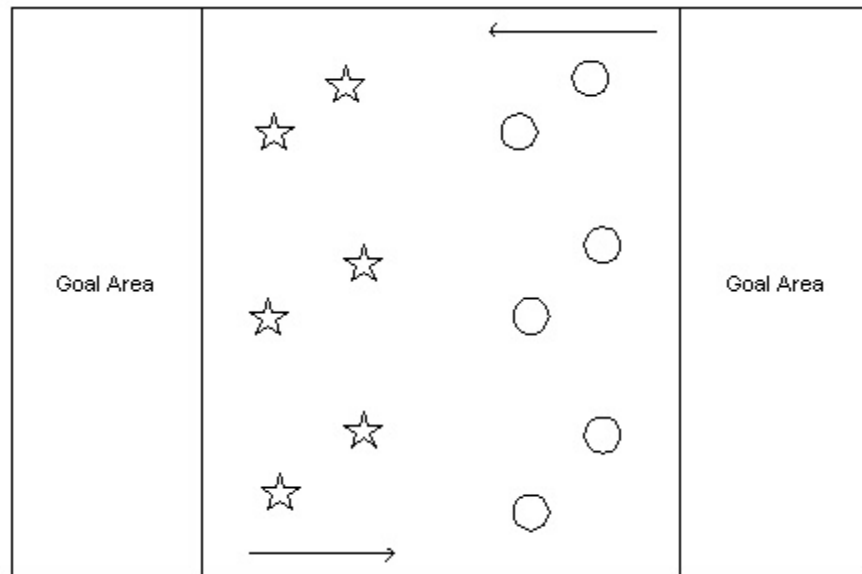
## Title: Ultimate Frisbee

**Objectives:** Passing into space, teamwork

### Equipment Needed:

- 8 x cones
- 1 x Frisbee
- 5-6 x bands or bibs
- 23m x 23m area

### Setup:



### Description:

- 2 teams one with bands/bibs
- Netball rules e.g. no running with the Frisbee, no contact
- The aim is to catch the Frisbee in your end zone
- Change ends each time a point is scored

### Variations:

- Use 2 Frisbee's if there are lots of players
- Can also play this game using hockey sticks and balls instead of a Frisbee and using hockey rules, but the ball must be passed into the end zone, controlled and then stopped for a point to be scored
- Have target players who must stay in the end zone