



TEAM BUILDER GAME PLAN

CHECK IN: Each time prior to heading anywhere we need to “sound off” and complete a head count. Starts at 1..2..3..4..all the way to 31. The guys have to be loud when sounding off and they can have some fun with it.

FLAG DUTY: Anytime that we are out as a team the flag is going to be the responsibility of one of the athletes, they have to treat it with respect, it cant touch the ground. If caught touching the ground then a “kareokee” session or some other fun-ishment is needing to be completed for the group (other ideas, tell us all your best joke, do a dance routine to a song, sing I am a little tea pot as loud as you can)

HOLY TARP: Team Builder where the entire team gathers around a tarp with holes in it and they must maneuver a tennis ball into a specific hole while avoiding all other holes, then add 2 balls then 3..multiple balls cannot go into the same hole. This game will work on them communicating, both giving and getting directions from others. Strategy comes into play a little as well as to the positioning of athletes around the tarp, everyone must keep both hands on the tarp.

BUILD A GAME: Have all athletes line up from smallest to tallest, then separate into teams with the tallest partnering with the smallest (Insert “Little me, Big WE” concept). The goal for this event is to have each team create a game that has the following guidelines

1. It's a two-player game
2. Must be able to keep score
3. Must be creative using the surroundings in the area
4. Name the game

Allow 15 minutes for groups to work through their game ideas, coaches walk around and make sure on point ask questions, have fun. Then each group will then teach their game to the group and everyone then goes and plays that game with the creators walking around making sure its being played properly. Allow 5 minutes for everyone to play their new game.

HEARTBEAT: This game is where you split the team into two groups and have them line up across or sit across from one another. Everyone will have to keep their eyes closes. It is a trust game and a “physical communication” game. One athlete from each line will be the “Eyes” for the team, all other teammates have their eyes closed and holding hands (this is funny to them to start, puts them in an uncomfortable situation) Their will be a waterbottle or ball or some “prize” that the teams “Hands” will need to be



able to grab. The coach on the “eyes” end will either flip a coin or touch their head when he wants a pulse to be sent from the eyes to the hands to grab the prize.

1. Eyes see the signal from coach and squeeze their teammates hand
2. That teammate then feels the squeeze and sends on the “pulse”
3. The hand at the end will then attempt to grab the prize before the other team
4. Points awarded for successful pulse
5. Points taken away for a False pulse
6. First team to 5 then switch positions new Eyes and Hands

ONE TAP TWO TAPS: Have the athletes all lay down in a circle on their stomachs facing inwards, everyone is to put their left arm out at a 45 in front of the player beside them, then the athletes will put their Right arm over the other athletes left arm at a 45. This game is to work on visual cues and attention to details. Coach picks someone to start one tap send the “pulse” clockwise and its based on the hands position not person so everyone need to pay attention. If there is a double tap then it reverses the “pulse”



SEATING ORDERS: For any meals use the following ideas:

1. Jersey Number 1 to 31
2. Odds and Evens
3. Favorite NHL Teams Alphabetically
4. First Name Alphabetically
5. Game Lines
6. Favourite Colour Alphabetically