



TEAM ALBERTA



Team Building Activities

Team Alberta Team Builders





TEAM ALBERTA

A. Communication/Ice Breakers

1. Name/Sport Game

Players sit in a circle facing into the middle. A ball or ... is passed randomly to each person. As he/she receives the ball they give their name and a sport they like that starts with the same letter as their name. (Carol-curling).

2. Limited Senses

Equipment Required – Blind folds for all participants, hockey socks work well.

Create a large clear space with adequate safety precautions. For safety reasons, make sure a number of support people are around. Next give players a number and tell them to keep their number to themselves. Each participant puts on a blindfold. The goal is for the players to arrange themselves in numeric order. Example 1, 2, 5, 8, 13, 15, 19, 27, 89. The participants are not allowed to speak.

Frustration will occur when players use various methods to communicate such as, foot stomping, clapping, tapping, etc. After a length of time some players may give up. If you tell the group that numbers are missing, they may come together quickly. A variation is to have them order themselves by birthdate.

3. Tell a Story

Divide into groups of three. Give the groups about 10 minutes to develop a story line. Each participant tells one section of the story. After each story is told all participants discuss the moral/meaning of the story. Once that is completed the story tellers will reveal what they determined was the moral. Move onto the next group and repeat.



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4. Snowball Fight

Everyone writes one interesting thing about themselves on a piece of paper (without their name). Crumple up the pieces of paper and throw them around the room 3 or 4 times. Pick up a “snowball” and open it. The goal is to find the person who belongs to the paper. You **must** introduce yourself before asking if the paper belongs to them. At the end, once everyone has been found, players introduce each other to the rest of the team.

5. How well do you know your teammates?

This can be used as an initial ice breaker, or at anytime during a season/competition to help teammates to get to know each other. It also can be good to help players to learn a bit about their coaches, trainers, etc.

Each player must give 2 facts about themselves, one true and one false. They cannot be obvious (I play hockey, etc.). The facilitator (coach, team leader, etc) will read out the facts about the player. The team is lined up, and can be blindfolded (so they don't look around to see what everyone else thinks). If you think the fact is true step forward, false step backwards. The leader then tells the group if it was true or false. The game can continue through all the facts, and you can keep track of points to appoint winners at the end, or just play for the fun to learn about your teammates. You can also set it up as more of a jeopardy style game.

6. Who Am I?

Create enough characters for each person participating. Tape on e character to the back of each individual, they then need to go around the room and ask yes/no questions until they figure out who they are.



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Example of characters: Hannah Montana, Wayne Gretzky, Britney Spears, The Road Runner, Sidney Crosby, Will Smith, Stephen Harper, Barack Obama, Terry Fox, Hayley Wickenheiser, Cassie Campbell, etc.

7. Toonie truth or lie

Materials – toonie and a cup

Toonie: up – true

down – false

The toonie is placed under the cup prior to the story being told. Each person tells a story and all need to guess if the story is true or false. The game can have consequences for the right/wrong guess by the audience.

8. Penny and Dice

Materials – cup, 1 dice, 1 penny

Shake the dice and coin and roll out. Depending on where each object lands determines your story line.

Heads – truth about the storyline

Tails – lie about the storyline

- | | |
|-----------------|------------------|
| 1. Family | 4. Vacation spot |
| 2. Music | 5. team |
| 3. sports story | 6. hero |



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9. What's in your wallet?

Have each teammate open their wallet/purse and find something in it that has a personal story (maybe hockey related ...) attached that they can share with everyone. You can go as many rounds as you want with this one, it becomes quite interesting ...

10. Predicament and solution

Materials – none

Each player to create a story involving a predicament and a solution. The solution has nothing to do with their predicament. 1 at a time, have each player present their predicament and then have someone else give their solution (one that they had made up initially). *Some weird solutions and a lot of fun.

11. Snowballs in a bucket

Materials- crumpled up paper, basket/box

Player #1 has their back to the box and throws the “snowballs” over their shoulder into the box. Player #2 is the eyes and communicator for the thrower. How many are successful in the # of throws taken

12. Human Treasure Hunt

Find someone who matches the information below and write their name on the lines provided. You can only use each name once. Try and fill each line with one of your teammates' names.



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NAME: _____

Name		Answer		Name		Answer
	Is born in the same month as you				Has the same number of siblings as you	
	Can speak more than one language				Has travelled outside of Canada	
	Has been on TV				Can play a musical instrument	
	Has performed on stage				Has climbed on a climbing wall	
	Has won an individual award				Knows someone famous	
	Has been a volunteer				Has a unique skill or talent	
	Has been in a parade				Is an honours student	

	Teammate	Answer			Teammate	Answer
Is born in the same month as you				Has the same number of siblings as you		
Can speak more than one language				Has travelled outside of Canada		

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Has been on TV				Can play a musical instrument		
Has performed on stage				Has climbed on a climbing wall		
Has won an individual award				Knows someone famous		
Has been a volunteer				Has a unique skill or talent		
Has been in a parade				Is an honors student		
Lives on a Farm				Has bungee jumped		
Plays another sport competitively other than hockey				Has driven a ski boat		

13. Name Game

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Players stand in circle facing each other. Start with one player, gives his name and which way he shoots. The player on the left, repeats the player's name and which way they shoot and then does this for himself. Continue around the circle with each player repeating the name and shooting side for the additional players and coaches until they get back to where they have started (the last player will have to remember 22 names and shooting side). Goal is to develop familiarity with players' names and to develop open communication.

14. Stick Balance

Players formed groups of 5. They were given the task of balancing a hockey stick on the index fingers of their right and left hand. Players were placed on both sides of the stick in alternating locations and then had to lower the hockey stick to the floor and then return to the "up" position without dropping the hockey stick. Goal – get the smaller group to work together and develop communication skills.

15. Name/Fact Game

Description: Players were asked to introduce themselves to the team and highlight one interesting fact about them. The next player would start by repeating the name and interesting fact highlighted of the player before him. The next player would have to state the name of the two players that were introduced before them along with the interesting fact about each player.

Purpose: For the players to learn the names of all players on the team. Adding the additional personal fact makes sure that all players are paying attention because there is accountability when they need to repeat the order. The interesting facts are usually very humorous and allow the tension to be broken and create laughter.

16. Non Verbal Communication

Equipment:

- Whistle(s) for each team and/or group.

Objectives:



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- Establish a method of non-verbal communication with teammates.
 - Opportunity to break down barriers between teammates.

Explanation/Formation:

- o Players can be divided into partners, teams or groups.
- o An activity or task is selected then their partner must come in and try to perform the task. If an error is made, nothing is done. However, if a right movement is performed, the teammate blows the whistle to reinforce the action.
- o Whistle reinforcement continues until the actual action is carried out successfully.
- o This can be a timed competition between groups or to see how many tasks are completed after certain time allotments.

17. 720 Walking Tag:

This is one of the great original icebreakers for large groups. Have the group form a circle. Naturally, the larger the group the larger the circle. In the center demonstrate with a volunteer how to play the game. One person is “it”. The other is trying hard, but not too hard, to avoid being tagged but the “it”. The “it” must first spin around twice before walking, not running, after her partner. The partner can only walk, not run, away to avoid becoming “it”. Once he is tagged he becomes “it” and must do a 720 (two complete spins) before walking off in hot pursuit of his partner. The object of the game is not to be “it” when time is called, usually after one minute of play. After demonstrating the game have the participant’s partner with the person next to them. Let them decide who will start the game as the “it”. The more people there are playing the game the more confusion and mayhem and consequently the laughs everyone has chasing each other. Be sure to define the boundaries and keep reminding people to walk – not run.



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5. Wanted Posters

* Purpose of Activity

- team building
- get players to know each other better
- assist players in identifying the important roles in a team
- assist players in identifying what their own personal strengths are and how those strengths might fit into our team
- have fun

* Equipment Required

- poster or construction paper
- felt pens - various colors, writing pens
- masking tape
- large meeting room with space to tape things to the wall
- form that each player, coach, manager and trainer must fill out
- a Polaroid or other photo of each participant

* Process to Follow

- upon arrival to the meeting room, each participant receives a form that they must fill out
- once the forms are filled out each player then tapes his form on a poster sized construction paper on the wall
- on the top of the poster, each player will also tape his or her photograph above the form
- once all players have completed the form, taped it to the poster and wall and put their picture on it, all participants names are thrown into a hat
- each player then must draw another players name out of the hat, go over to that player's poster and proceed to introduce that player to the rest of the group

WANTED	
mug shot	
Background Information	
Known Behaviors	
Other Points of Interest	
Strengths as a Hockey Player	



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19. Yurt Circle:

This is a good introductory event for large groups that emphasizes interpersonal coordination. Participants need to depend on others to accomplish the task. The group stands in a circle, almost arms length apart, and holds hands. A count off by one and two designates those who will lean out and those who will lean in. Slowly, coached by the trainer, the “ones” lean out and the “twos” lean in and then vice versa. The more people lean out the more weight must be balanced by people leaning in for the circle to hold its shape. Some people put most of their weight into the circle. Others will be much more cautious. When the risk takers find themselves paired up with their more cautious colleagues the results can be humorous as well as instructive.

Yurt Circle is also a nice closing activity. You will see a lot more leaning at the end of a program than at the beginning. So you might need to caution people not to lean too far. After the group has done the activity you can thank everyone for leaning out and leaning in with each other. After all, that is what teamwork is: supporting your teammates and letting yourselves be supported. Both require trust and full participation.

20. Pass the Hoop

You remember the phrase “passing the buck”. Well, this activity offers an opportunity to pass the hoop. Instead of one person jumping through a hoop, why not try to make it a team effort?

The group stands in a circle, holding hands. One hula hoop is sent around the circle counterclockwise. Another hula hoop, starting from the other side of the circle, is passed clockwise. Passing a hoop from one person to the next takes teamwork because only arms and bodies are used. As people step through the hoops laughter builds till it overflows when the two hoops meet. For more fun, add more hula hoops.

21. Balloons

This activity can provide lots of fun and lots of laughs. Have the group form a circle. Blow up some balloons. Toss them out into the circle and have the group keep them up in the air. Have the group keep them off the ground without using their hands. Try passing the balloons around the circle, again without using hands.



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Provide one balloon for each person. Without using hands or forearms, the group finds a way to keep all the balloons off the ground. Have the group pop all the balloons at the completion.

22.Speedy memo check-in

Equipment:

- Miniature basketball or bouncing ball of some type.

Objectives:

- Communication of thoughts, feelings and emotions to fellow teammates.
- Others get to know what their friends/teammates are thinking/feeling.

Explanation/Formation:

- Players are asked to sit around in a circle formation and face on another.
- Ball is bounced or thrown to one player who starts it off by describing his thoughts or feeling that he has at that moment.
- Ball is handed or bounced around to all team members to comment.
- Coaches decided on question or topic area and how many words or less can be used (Example: 3, 5 or 7 words or less to say their feelings).

23. Have you ever . . . ?

Equipment:

- Tennis ball or bouncing ball of some type (same size of tennis ball if possible).
- Enough chairs for everyone except one person.

Objectives:



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- Communication of precious backgrounds/interests/experiences.
- Opportunity for moving about and enjoying small game.

Explanation/Formation:

- Players are asked to sit in a chair in a circle formation facing on another.
- One individual, who is “it”, stands around in the middle of the group bouncing the tennis ball.
- The person then asks a question (Have you ever . . .?) if anyone has done something they have also done (when he does this, he drops the ball and looks for an empty chair to sit down in).
- If the players have done this in the past, they must get up and move to another chair, if not, they remain in their chairs.
- The person who asked the question, moves to sit down in one of the empty chairs.
- The last person standing up with no chair to sit down in, gets the ball and begins the game all over again by asking another question. Again, the person asking the question must have experienced what he is asking (Have you ever played soccer before?).

24. Heartbeat

Equipment:

- Coin of some type (Loonie or quarter or ...)
- Plastic bottle or object individuals could grab without injuring themselves.

Objectives:

- Develop team spirit and cohesion. Relying on team members to achieve a goal.
- Opportunity to communicate through non-verbal communication.
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Explanation/Formation:

- Teams are divided up into two teams (possibly 4 teams) depending on the total number of participants you have.
- Leader (ie. Coach, Group Leader) will sit at one end flipping a coin either heads or tails for one team member from each team looking on.



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- o All the remaining team members will be looking down at the other end of their team at the last member to see if he/she will grab the plastic bottle/object.
 - o Each team will be facing one another, approximately 3-5 feet from another. Each team member will cross their arms and join hands and form a “heartbeat signal” or “electrical impulse”.
 - o If the leader flips “tails”, the first team members will do nothing; however, if the leader flips “heads”, the first team members will squeeze their team member’s hand the signal is sent.
 - o The person at the end of each team line who receive the signal and are able to grab the bottle first are the winners.
 - o Scores can be recorded by: (1) the losing or winning team rotating team members up or down the team line; or (2) leader recording scores on wins or losses.
 - o Process then starts again with coach or leader flipping a coin. NOTE: Players can cheat after a while if they would like to gamble and possibly squeeze early only after the coin flip has been made. If they guess right, fine; however, if they guess wrong, the whole team suffers with a loss.

25. Celebrity name game

Equipment:

- Blank name stickers or blank sheets of paper that can be taped on an individual’s back.
- Felt pens to write names of famous celebrities (ie. hockey players, movie stars, cartoon characters, politicians, other sport personalities).

Objectives:

- Ice breaker for members to get to know one another.
- Opportunity for members to get to know someone they may not know yet.

Explanation/Formation:

- o Leader must brainstorm and come up with as many sport celebrity names as there are members in the group.
- o Without each player knowing who they are, leader sticks or tapes the celebrity name on the back of each participant.



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- Each person must then find out who they are by asking only “yes” or “no” questions to other individuals (Players should first introduce themselves to the other player).
Example Questions: Am I male or a female? Am I a sports person?
 - Players should go around and ask 3-4 questions from one person, then go to another individual and ask additional questions. They can try to guess who they are at any time.
 - Game continues until all individuals have gone around and guessed who they are.

26. Player introductions

Equipment:

- Environment where players are together with no distractions.
- Players together in a circle (sitting or standing) facing one another.

Objectives:

- Interview another player (someone they do not know) and have to introduce partner to rest of team.
- Others get to know what their friends/teammates have as interests other than hockey.
- Begin to establish communication links and possible friendships with new teammates.

Explanation/Formation:

- Players are asked or paired with a partner they do not know.
- Players together in a circle (sitting or standing) facing one another.
- Players talk and ask questions to one another about personal backgrounds, histories, families, etc.
- Players then share partners background to rest of team.

27. Skittles introductions

Equipment:

- Environment where players are together with no distractions.
- Players together in a circle (sitting or standing) facing one another.



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- Hand out a bag of skittles and have each athlete take as many as they want (make sure that all get “some” and must wait before eating them)

Objectives:

- Once each player has taken from the bag, 1 at a time they are to stand up and say 1 thing about themselves for each skittle they have taken
- Others get to know what their friends/teammates have as interests other than hockey.
- Begin to establish communication links and possible friendships with new teammates.

28. Player “Rap”

Equipment:

- Players together in a circle (sitting or standing) facing one another.

Objectives:

- Others get to know what their friends/teammates have as interests other than hockey.
- Begin to establish communication links and possible friendships with new teammates through discussion

Explanation/Formation:

Split players into smaller groups (6-8). Have them tell a story by using 5 or 6 words each, 1 word must be the players name.

Give each group 10 minutes and then they can present to the rest of the team

29. Neck Magic

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Equipment:

- Environment where players are together with no distractions.
- Players standing together in 2 lines
- The first player in each line is given a tennis ball to begin the challenge

Objectives:

- The first player will trap the ball with their chin and pass it to the second players chin without using their hands.
- If the ball drops, start again at the beginning

30. Search and Rescue

Equipment:

- Environment where players are together with no distractions.
- Players divided into 2 teams
- The first player in each line is given a blind fold to begin the challenge

Objectives:

- The blind folded player will try to find the chocolate bar (or ...?) hidden somewhere in the venue
- Teammates can't use directional (N,S,.. right, left) or touch but can come up with a code to guide them
- First team to get to their "bar" wins

31. Toilet Paper Game – Communication, Team Building, Ownership

Group: 1 large Group

Set Up Time: 3 minutes

Duration: 15 to 20 minutes



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Objective:

Have rolls of toilet paper and explain to your group that they are going camping and need to take as much toilet paper as they think they may need for a two day trip. Once everyone has an ample supply, explain to the group that for every square in their possession, they must share something about themselves. NOTE: If anyone knows the activity, ask them not to give away the secret under any circumstances.

32. Who Am I (Have hand out)

Objective: To act out, without using words who the character is!

Make it a game – Once they have guessed three characters correctly they can go eat.

33. Arrange seating order by: (can't use voice commands)

Objective:

- i. Birth Date*
- ii. Weight*
- iii. Hair Length*
- iv. Where they live – example farthest north 1st to farthest south last*

34. Introductions:



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Objective: Find a partner and ask one question which your partner answers. Please choose a different partner each time!

Questions:

20 Questions:

1. Where are you from, and what are one or two things you like about it?
2. What is the best program on television? ...Or what book would you recommend to your friends?
3. What hobbies, sports, or other leisure time activities do you enjoy most?
4. If you could have anything you wanted for supper, what would be on the menu?
5. What do you want to be doing ten years from now?
6. What do people like most about you? ...least about you? ...what image would you like to portray?
7. What one day in your life would you like to live over?
8. Who was your best friend in the fourth grade, and why?
9. What is the greatest problem in the world?
10. In what ways are you like your grandparents? ...different from them?
11. What is one of the most creative things you've ever done? ...one of the most silly things?
12. If you knew you only had six months to live, how would you spend your remaining time?
13. What living person (not related to you) do you most admire?
14. If you could invent or discover one new thing, what would it be?
15. What is the best piece of advice you have ever received?
16. If you could go anywhere on earth for a two-week vacation, where would you go? Why?

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17. What are one or two things you like about your family?
 18. In what ways do you hope your life as an adult is similar to and different from your parents' lives?
 19. When do you feel most lonely? ...happiest?
 20. What is one thing about you that you have not shared yet, that others would find interesting?

35.Cafeteria Chaos

For every meal that the team has at the cafeteria they will be required to sit in a particular order. This order will be based on the direction of the coaches. Once teams get into the cafeteria they will get their seating direction prior to getting their food. Also remember that you are being evaluated at all times.

Seating Orders (use each order once)

- Oldest to Youngest
- Shortest to Tallest
- Lightest to Heaviest (Body Weight)
- Lightest to Darkest (Hair Color)
- North to South (Geographically – home towns)
- West to East (Favorite NHL Teams)
- Shoes Size (Smallest to Largest)
- Alphabetical Order
 - Last Names
 - First Names
 - Middle Names
 - Types of Skates
 - Name of School
 - Name of Previous Bantam team (team name – ie. Oilers)
 - Favorite Movie
 - Favorite NHL Player (Last Name)

36.Who Am I?



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Create enough characters for each person participating. Tape on a character to the back of each individual, they then need to go around the room and ask yes/no questions until they figure out who they are.

Example of characters: Hannah Montana, Wayne Gretzky, Britney Spears, The Road Runner, Sidney Crosby, Will Smith, Stephen Harper, Barack Obama, Terry Fox, Hayley Wickenheiser, Cassie Campbell, etc.

37. Ultimate Frisbee

Split the team in half and compete for points on an open playing area (field). In order to score, a Frisbee needs to be advanced into the opposition's end zone. Advancing the Frisbee will be done by throwing it (any direction) and making complete passes. If a Frisbee is dropped, the other team receives possession at the point of fumble. No body contact is allowed. When a team is scored on teams will switch ends.

38. Blueline Vaudeville

Each team will be broken into 4 even groups and will do a skit in front of their teammates and coaches. Each group will be given certain parameters to work within and their skit will be based on these characteristics. Each team will be given 10 minutes to prepare their skits and 5 minutes to execute. Coaches will be the judges of the competition.

39. Travel as a Team

Togetherness is extremely important for any team to have success. Throughout camp there will be a lot of walking. This includes to and from the rink, to and from dryland sessions and all around campus. When teams walk they will be expected to walk together in a tight group (no stragglers). Each team will also be required to always travel with their team flags and team ball. All teams will make sure that everyone is accounted for and no teammates are left behind. Remember to hold your teammates accountable to be on time. Coaches may also challenge their teams to be creative throughout their walks so be prepared.

40. The Alphabet



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Team is split into 4 groups. Each group has to say the alphabet from a-z. Only 1 person is allowed to say the next letter at a time. You aren't allowed to go around the circle in order; it must be random (at least 1 person between each). If 2 talk at once, start again. Combine to 2 groups and then all together in 1 group. Objective is non verbal communication and leadership in starting the exercise.

41. Pickup

- Materials – a coin, 2 chairs and 2 objects to pick up
- Break your team into 2 teams
- All the team members stand next to each other and only have contact to each other by touching their toes.
- Both teams stand with their backs to each other
- A coin is thrown by the teacher – only the teacher and the first person in each line gets to look at the coin.
- Heads means that the first player in the row applies pressure to the person foot beside them or taps their foot; this pressure is passed along the row so that the last player in the row can reach a spoon/object which is laying on a stool.
- Tails means that nothing happens.
- The first team to pick up the object on the chair receives 1 point. Any team that messes up loses one point. The first team to 5 or 10 points wins!

42. Statue

- Split your team into groups of 3.
- In each group of three, one of the players is blindfolded while another one takes position as a statue by making any pose (lying down, on one leg or arms bent etc.)
- The remaining player now tries to explain to the blindfolded player how the other player is posing.
- The blindfolded player tries to follow the instructions and adopts the pose. The remaining player is not allowed to say if the taken position is correct or not, but only describes (even if he has to repeat himself), how the statue is posing.



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- If this is too easy, give a time limit.
 - Repeat so each person gets a turn in all 3 positions.

43. Telephone

- Divide your group into 3 teams. Each team is to sit in a line. The last person in line needs a pen and paper.
- The teacher gives the first person in each of the 3 lines a sentence (the same sentence for all 3 lines). At the same time, the first person in each line goes back to their line and they play telephone with the message.
- The last person must write down the message they hear.
- Points are rewarded for correct messages not the first team to complete the activity.
- Play this game a few times – make sure you rotate who sits at the front and back of each line.

44. Sculpting

Break your team into groups of 4. Give each group some supplies such as newspaper, scissors, construction paper, glitter, straws, tape, string, etc. and tell them they will have 20 min to create a sculpture that represents your team's spirit. After each group is done their sculpture, have them explain the significance to the entire team. If the team's spirit is low, use this opportunity to discuss how they can improve their school's spirit. Any sculptures you feel are display worthy can be displayed.

45. Directions, Directions

Players work in groups of 4-6. One person starts, identifying and performing a small task (i.e. "Clap hands three times"). The next person repeats and performs the same tasks, then adds on one of their own (i.e. "Clap hands three time, stick out tongue"). Play continues around the group, with each person performing and adding a new task to the mix. Players who cannot complete the sequence correctly are out until the next round. This game requires playersto follow directions, focus, listen carefully, and utilize memory skills.



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46. Speaking

1. This game requires two participants and building blocks or math manipulatives of some kind. The participants sit with their backs to each other. Participant 1 is given an object that is already built with the blocks, and he describes the object to participant 2 with enough details so participant 2 can build the object. Allow the participants three to seven minutes to complete the game, depending on the complexity of the object.

At the completion of the game, the two participants should have identical objects. If the objects are not identical, there were communication issues. The two participants should talk to each other about the message received versus the message relayed. Could different words have been used; what were the different perspectives; what type of listening skills were used? To ensure that the lessons learned translate to the office, have the participants recount real-life issues they encountered in which the message relayed was not the message received.

47. Listening

Without warning, begin reading a passage to the class participants. Make sure the subject is of interest and pertinent to the team building. After reading the passage, ask the group questions about the story. Also ask the participants about their body language. Were they looking at the person reading the story? Were there distractions while the story was being read? Ask the participants if they were easily distracted. This [exercise](#) should help participants understand if they listen effectively and what they need to do to ensure the listener has their attention.

48. Writing

The first participant writes two related sentences on a sheet of paper. He then folds the paper to cover his first sentence and passes the paper to the next person. The next participant writes two related sentences based on the one written sentence she can see. She then folds the paper over so only her last sentence is seen and passes it to the next participant, and so on. The result will be a funny, nonsensical story. The lesson learned: Before responding to any email or other form of written communication, make sure you have the full story.



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B. Trust

"Integrity is crucial.

You can't enjoy the benefits of partnership
if you don't trust your partners. That applies

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to working in alliances or with your partners on the
factory floor.” Michael A. Schaeffer,
Pillsbury Brands

1. Expectations

The players sit in a circle and every player had a piece of paper with their name on it. The paper with the players name on it is passed to the entire team with each player writing what they expect from the player whose name is on the paper.

The idea is to have every player express what they need from every player to succeed. Once it is on paper each group begins its trust walk.

2. Trust Walk

Equipment:

- 25-30 cloth blindfolds (enough for 2 groups).
- Environment to lead them through.

Objectives:

- Develop high level of trust with teammates.
- Opportunity to emphasize communication with teammates and continual talking to players to help out.

Explanation/Formation:

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- o Players are divided into partners. Preferably someone they do not know.
 - o One of the partners places a blindfold on (not permitted to see).
 - o Partner who can see will lead blindfolded partner outside around various obstacles.
 - o Seeable partner must communicate precisely, correctly and frequently to partner so no accidents will happen.
 - o Switch and other partner now become blindfolded and go through same procedures.

Variations:

- 1) Partners must lead through non-verbal communication. Leading through physically only.
- 2) Partners lead by verbal communication only. No physical touching is permitted.
- 3) TRUST RUN: At end of trust walk, partner goes to other end of area and will call out for partner to run over blindfolded as fast as he can. Partner must communicate and tell teammate when to slow down. Note how fast person runs and how much trust is required.

Through this process the group must rely on each other to complete the task in front of them. Awards can be given for the quickest team, the team with the best quality, etc.

2. Trust Fall

Equipment:

- Blind folds (as many as required).

Objectives:

- Build trust with teammates.
- Opportunity to determine level of trust and support from teammates.

Explanation/Formation:

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TEAM ALBERTA

-
- One at a time, one person has to fall to teammates. Teammates react and support falling player. Falling player must keep body straight all throughout fall to help support catch properly. He says ready and count 3, 2, 1 and hesitates for a moment and then falls backwards into supporters.
 - Next person does it and proceeds one at a time.
 - After first person goes, he rests on the floor below/underneath (double trust) and he has to be protected by other players (optional).

3. Wind the Willows

Equipment:

- Blind folds (as many as required).

Objectives:

- Build trust with teammates.
- Opportunity to determine level of trust and support from teammates.

Explanation/Formation:

- One at a time, one person has to fall to teammates. Teammates react and support falling player. Falling player must keep body straight all throughout fall to help support catch properly. The “willow” in the middle free falls and is supported by his/her teammates who have formed a circle around the willow outside. Feet need to be staggered and hands and arms need to be ready to catch and support the player falling
- Next person does it and proceeds one at a time.

4. Crowd Surfing

Equipment:

- none

Objectives:

- Build trust with teammates.
 - Opportunity to determine level of trust and support from teammates.
-



TEAM ALBERTA

Explanation/Formation:

- Players lay on their backs, facing opposite directions with their heads
- One at a time, one person has to be passed down the line (players laying on their backs). The individual is also on his back and tries to be rigid in the passage from 1 end to the other. Teammates react and support passed player.
- Next person does it and proceeds one at a time.

5. Cohesion Bucket *(High Risk)*

Equipment:

- 5 Gallon Bucket Pail
- Water

Objectives:

- Communication/cooperation with teammates to achieve common goal.
- Opportunity to have or determine a leader who can lead other through a group situation.
- To remove all the pairs of shoes and lower the bucket (with water) without spilling.

Explanation/Formation:

- 8 participants in a group at a time. If more, rotate players in and out.
 - Players being by being on their backs with legs and feet up (shoes remain on).
 - All participants try to get as close together as possible with legs up.
 - Place bucket (with water) on feet of players.
-



TEAM ALBERTA

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- o Players have to remove all their pairs of shoes and socks without tipping the bucket. Once this has been done, players one at a time remove themselves from the situation and eventually you will have one or two players left to lower the water filled bucket to the ground.
 - o The final result is to lower the bucket without spilling to the ground with one players.
 - o Hope to see good illustrations of cooperation, communication and leadership skills coming out.

6. Meal Deal

Teams of 4 must work together to prepare a meal of the coaching staffs' choice. Each member of the group will have specific limitations of what they can provide to the effort.

Group Leader – 1 person is the group leader and will have the instructions to prepare the meal, but will not be able to physically do any work to prepare the meal. They must vocally direct the group to achieve the final goal of preparing the meal chosen for them.

Hands on, no sight – 1 person will have to be blindfolded. Their task is a hands-on role in preparing the meal but will have to rely on teammates to provide detailed instructions. This individual must then carefully follow instructions from other team members.

Hands on, no sound – 1 person will wear earphones from an iPod on with loud music so they will not be able to hear any of their teammates as they attempt to give direction. This person will have a hands on role in preparing the meal but will not have the luxury of hearing their teammates instructions, therefore requiring this individual to pay close attention visually.

7. Fireman's Carry

Equipment:

- None
-



TEAM ALBERTA

Objectives:

- Communication/cooperation with teammates to achieve common goal.
- Opportunity to have or determine a leader who can lead other through a group situation.

Explanation/Formation:

- 7 participants in a group at a time. If more, rotate players in and out.
- 6 players join hands and the seventh lies face up in their arms.
- The group carries the player through an obstacle course without dropping him
- Can make it into a relay race

8. Thunderbolts

Equipment:

- Flip chart paper or some paper to record suggestions.

Objectives:

- Teammates cooperating together to come up with positive outcomes.
- Opportunity to “reframe” (turn negative into a positive).

Explanation/Formation:

- Players can be divided into partners, teams or groups (2 groups work best).
- 2 negative scenarios are provided to the groups (1 per group).
- Group members are then asked to work together and brainstorm on potential positive solutions to the negative situation.
- Groups appoint leaders and they present their group reframing solutions to all participants. Discussion follows.



TEAM ALBERTA

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- **Scenarios:** *make up more scenarios (relate to hockey- eg: injury, playing time, roles, etc)
- 1) You and your family have planned a month long family holiday for the last 2 years to Greece and Rome. You shoot 25 rolls of film (24 exposures each) with your camera. When you get home, you find out there has been a camera malfunction and none of the pictures have turned out. What are you going to do?
 - 2) You have planned for years to purchase a beautiful home situated on a lakefront lot. After finally having enough money to do so and after years of saving, you purchase the home of your dreams. Two weeks later, the Hells Angels bike gang move into the house next door to yours. What are you going to do?

9. MINE FIELD ACTIVITY

Equipment:

- Sunglasses; 3-5 blindfolds; 3-6 pie plates or mouse traps (for mines).
- Tables possibly for obstacles.

Objectives:

- Develop a high level of trust and communication with teammates.
- Opportunity to have or determine a leader who can lead others under time constraints through difficult situations.

Explanation/Formation:

- o Groups are in 4 or 5 people.
- o Leader has sunglasses on (assume sun in leaders eyes). Stands on chair to see over group.
- o Group leader has to direct blindfolded team members through minefield or shark infested waters.
- o Leader has to give verbal instructions to group members to make it through.
- o If players hit minefield or sharks, they get one more chance. If hit again, they are out.
- o For each player, they could have a silent person who can help lead them through blindfolded people



TEAM ALBERTA

10. PHRASE CALL

Equipment:

- Blind folds (as many as required).

Objectives:

- Build verbal communication with teammates.
- Opportunity to break down barriers between teammates.

Explanation/Formation:

- All individuals are blindfolded first. Divide players into partners and separate partners as far away from each other as possible.
- Individuals are then given a word, phrase or sound that pairs up with their partner (who they don't know). Examples: Peanut – Butter, Teeter – Totter, Stop – Go, Ice Cream – Sundae.
- The coach will start the activity and they all begin to call out their word or sound that they were assigned and try to match up with their partner. They then can take blindfolds off and introduce themselves.
- Variation: This can also be done with sounds.

11. Concerns



TEAM ALBERTA

It is normal to having feelings of anxiety when faced with a new experience and a journey that is uncertain and unprecedented .And sometimes, people in a new setting have a problem “opening up” and truly expressing their concerns. This mixer will hopefully provide a vehicle to discuss any apprehensions and get input and support from the group in addressing these issues.

TASK:

On the card provided, please complete the following statement. Please explain your concerns clearly and hand in to the moderator. The moderator will ensure that participants do not receive their own card:

“On the Finnish exchange program, my biggest worry is.....”

Activity:

All cards will be distributed and each participant will select one. A person will then read the content and whoever reads the card will begin discussion and the group will address the concern. There will be a time limit on each discussion.

Once all are done, the moderator will help the group establish goals with an attempt to create a comfort zone and support mechanisms for all involved.



TEAM ALBERTA

Cooperation

1. Mall Scavenger Hunt

Contact a mall in your area for use of their site. Split the team into smaller teams. Give each team a list of items they need to find in the mall.

An example can be a picture of several items that has all team members in it. Give bonus points for including mall staff.

Scavenger Hunt Items:

ITEM	Points
All team members present and ready to start at 2pm	5
Picture of all team members walking through the mall holding hands	1
Picture of team members spelling out YMCA with a stranger	1
Picture of team members saluting people as they come out of Old Navy	1
Picture of a team member getting makeover at a cosmetic counter	1
Picture of team members with a saleswoman with a name starting with "S"	1
Picture of a team member playing video games	1
Picture of a team member kissing a mannequin on the cheek	1
Picture of a "2 for 1" Sign (Bonus point for salesperson AND a team member in the picture)	1 + 2
Picture of Pink Shoes (Bonus point for sales person AND a team member in the picture)	1 + 2



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	Picture of any team member with any team staff member (Bonus point for each staff member)	5 MAX
	Picture of an unhappy child	1
	Picture of all team members together wearing cowboy hats	1
	Picture of a team member posing with a poster of a handsome movie star	1
	Picture of a team member modeling anything in an animal print	1
	Picture of team members with 1 girl per team member (1 point per team member + girl in picture)	4 MAX
	Picture of a team member getting ketchup and napkins for a stranger in the food court	1
	Picture in Sears – All team members sitting on a sofa	2
	Picture in The Bay – All team members holding a women's fragrance	2
	Picture in La Senza – All team members holding a pair of women's underwear	2
	Picture in Spare Parts – All team members wearing Sun Glasses	2
	Most Creative Picture	5
	What year was the mall built?	5
	Best Team Flag	5
	Be back at the Food court by 3:30pm	5

2. Camera Scavenger Hunt

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TEAM ALBERTA

Each team will be given a disposable camera on the first day of camp. Throughout the week they will be required to take pictures of specific scavenger hunt items. Each team will also be required to collect specific scavenger hunt items throughout the week. On Saturday, each team will present their findings to the coaches. Points will be awarded to the team that collects the most items. Scavenger Hunt items will be gradually disclosed throughout the week.

SCAVENGER HUNT - PICTURES

3 Cafeteria Staff with your team	
A Cat	
A Deer	
A Train	
Air Hockey Table	
Coach A holding your team flag	
BBQ (Grill)	
Championship Banner	
House of Thunder Suite	
Justin Fesyk holding your team ball	
Laundry Facilities	
Coach B ready to fight	
Overhead Projector	
Payphone	
Pop Machine	
Road Barcade	
Coach C flexing	
Statue of a Man and does he have a name?	

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TEAM ALBERTA

Team on Founders Hall steps	
Transport Truck	
D Op with 2 thumbs up	
Trophy	
Vacuum Cleaner	
Viking Logo	
Your coach inside a porta-potty	
Your team with a security guard	

3. Paraphernalia Scavenger Hunt

1995 Coin

Pair of Scissors

Alarm Clock

Paper Clip

Coffee Mug

Piece of Lego

Crayons

Pine Cone

Dictionary

Pop Can

Dog Collar

Roll of Toilet Paper

Door Mat

Shopping Bag

Dry Erase Marker

Shovel

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TEAM ALBERTA

Feather

Golf Tee

Gum Wrapper

Hacky Sack

Hair Net

Hockey jersey

Ipod

Licence Plate

Local Business Card

Map of Camrose

Newspaper

Pair of boots

Sock Tape

Sports Team Picture

Stuffed Animal

Take Out Container

Take Out Menu

Tennis Ball

Text Book

Ticket Stub

Water Gun

Wet Nap

Whistle

Winter Glove

4. Stair Stepper

You will require 1 long set of stairs, long enough that there is at least 1 step per player. The goal is to get the whole team from the bottom of the stairs to the top of the stairs with each player only being able to physically touch the top of 1 step. You will want to consider safety; coaches can be spotters, helmets can be used; can use the railing for balance.



TEAM ALBERTA

5. Shuffle Butt

You will need as many chairs as there are people playing. Make a big circle with the chairs. Select one person to stand in the middle of the circle, leaving their chair empty.

To start the game, one of the people sitting next to the empty chair will “shuffle” into that chair, leaving their own empty. The person, who was sitting next to them, will do the same, shuffling into the empty chair, leaving their own chair empty. This continues around the circle. The pace will quickly pick up, because the middle person can “shuffle” into it. If the person in the middle manages to sit in the empty chair, the person who was supposed to get there is now in the middle. Depending on your team, and what you allow, there can be a fair amount of physical contact!

To up the strategy, a “switch” call can be added. The person whose turn it is to shuffle can call “switch” and the direction is reversed. The person who just moved seats now has to quickly move back to their original seat and the shuffle continues in the other direction.

At any point, a player may also call out “SHUFFLE BUTT”. Every player must get up out of their seats and move to a new chair that is at least 2 seats away from their original seat. The last person standing in now in the middle. The game is continuous, and no one is eliminated.

6. Inhuman Knot (ropes)

Group Size: 2 Groups of 10

Duration: 10-15 min

Props: Five ropes (each 5 feet long) for each group of 10 people.

Objective:

First, create a tangled mess of your ropes then trade your tangled mess with another group’s and see if you can untangle their mess (while they work on yours).



TEAM ALBERTA

Set Up / Preparation:

You need one 5-foot section of rope for every two people. I use 1/8 inch diameter nylon rope.

People will be working in teams of 10. Setup the activity in advance of the group by placing 5 ropes on the ground in the shape of an asterisk. (*) Each team of 10 will have their own set of ropes in the shape of an asterisk.

Team members pickup an end of a rope with one hand. Once you pickup a rope you can't let go of it until the activity is over. Each team of 10 will now take 3 minutes to tie a big knot in the center of the ropes. Keep working on making the knot more tangled until time runs out. Remember, no letting go of the rope!

After time is up, lay your ropes (your tangled mess) on the ground and let go of the ropes.

Teams will now rotate to another team's knot and pickup a rope. Now work together to untangle the knot without letting go of the rope.

Rules:

Once you grab the end of the rope you have to hold on with that same hand until the activity is over.

7. Human Knot

Six to twelve people can participate. Eight is a great number. The level of difficulty goes up considerably as group size increases. We often will do the exercise with six in each circle, then follow it with eight in each circle. You can process how complexity on a team tends to increase with group size.

Circle-up the members and have each person raise their right hand. Instruct them to reach across and grab one person's hand. Make sure not to grab the person's hand on either side of you. Now, reach the left hand up in the air and again grab one person's hand. Not the person on either side or the same person you already have. Now they will be in a big knot! Explain that the challenge is to untangle into one circle, with no crossed arms, without letting go of hands. (Sometimes you may end up with two interlocking circles or two separate circles.) Remind them to be careful when



TEAM ALBERTA

stepping over arms, especially knees to noses. Then, step back and watch them work. Then, step back and watch them work. If, after awhile, little progress has been made, offer to give the one re-grip. Often times this clears up the problem and they continue with renewed enthusiasm. Pay attention to the attitude of the group and use your judgment when giving re-grips. When the team accomplishes the task, celebration abounds!

Safety Tips:

- Stretch the upper body before this initiative.
- Do not allow “inter-digitation” (when finger are intertwined).
- Be extra careful when someone is stepping over others arms. A knee can easily crunch a nose.
- The facilitator should follow the movement, spotting when anyone is moving and anticipating the team’s moves.
- Allow anyone to change their grip if they are uncomfortable, but not to gain and advantage.

Processing Points:

- Problem solving skills
- Team celebration
- “Accomplishing what looked like the impossible”

8. Group cross country ski race

Group Size: 2 Groups of 10

Set Up Time: 3-5 min

Duration: 10-15 min



TEAM ALBERTA

Prop: Duct Tape

Objective/Setup - normally done using two long wooden boards. The team stands on the boards and then each team member holds onto a rope attached to the board. As opposed to using boards, lay down 2 strips of duct tape, approx 8 ft in length, sticky side up. Map out an obstacle course using pylons, approx 50 m. Course involves moving forwards and sideways. Allow one trial run and then race the teams with consequences for the losing team.

9. Skip Rope

Group Size: 2 Groups of 10

Duration: 10-15 min

Prop: 2 Ropes – approx 20-25 ft long

Objective/Set Up: The object of the game is for each member of the team to jump rope 10x. If anyone trips up the rope, or stops the rope from moving fwd, the team must start all over again. The first team to get through every member 10x without a mistake wins. 2 Groups of 10 play off against one another. Identify 2 members who will initially swing the rope for the other 8 members to jump in – either all at once or in smaller groups – allow each team 2 min to plan strategies.

10. Build a Pyramid

Players were given a task to build a pyramid. The group is left to decide on how they will construct the pyramid, give no feedback, allow the group to attempt to work and communicate together to come up with a solution to the task. Allow about 5-8 minutes for group discussion and then allow them to attempt their pyramid. Continue to allow the group to work through their task and allow for adjustments to the initial plan. Goal – get the group to work together in a none hockey related item, develop communication skills, determine who takes charge of the situation and if they will be respectful of each others' input (only one person talking at a time).

11. Electric Fence

Equipment:

- 2 long lengths of rope or twine of some type.
-



TEAM ALBERTA

Objectives

- Teammates cooperating to achieve objectives(s) together.
- Opportunity to brainstorm together to come up with solutions.

Explanation/Formation:

- Each rope is tied to stationary objects (ie. pole, tree, etc.) and are tied parallel to one another approximately 2-3 feet apart. The trees can be 8-15 feet apart depending on the length of your rope.
- Assume these ropes consist of an electrical wire fence that extends above and below the rope. The only safe opening is between the ropes.
- Group members are then asked to work together and determine how to get all team members through the opening in the fence without being electrocuted.
- You want to safely get everyone through to the other side. If one player happens to touch the rope, they are severely electrocuted.

12. I am a big piece of the puzzle

Materials: 1 bristol board [color: red], 1 package of cut out puzzle pieces, package of markers, 2 glue sticks.

Description: Players receive their own puzzle piece along with a marker. The player writes their number in the middle of the puzzle piece and on each corner write the attributes that they are going to contribute to the team everyday to help the team be successful. Once all players are completed, they must work as unit to glue the pieces onto the board so that all the pieces are interlocked and the puzzle is complete. The board will be glued on the dressing room wall during the competition.

Purpose: Emphasizing that the each player is a big piece of the puzzle if this team is going to be successful in the competition. It also emphasizes teamwork and cooperation.



TEAM ALBERTA

13. Make A Jersey

Materials: markers, 20 t-shirt

Description: Each player will receive one t-shirt each. Players are divided up into two teams for the team uni-hockey tournament on the team-training weekend. The two teams names were: Team Hulk & Team Spiderman. The two teams needed to create a jersey for their team that looked the same for all players on their team. They needed to have their last name or nickname across the shoulders and their team number, as a regular jersey would look. The players will use these newly created team jerseys for the gym activity.

Purpose: teamwork and cooperation.

14. Mini-Olympics

Materials: Players need their helmets, gloves, skates and stick. The coaches need a stat sheet and pen.

Description: All of the coaching staff is in charge of one of the five stations. The five stations include:

1. Skating Ramp
2. Accuracy Shooting
3. Quick Hands
4. Stick handling obstacle course
5. Hardest shot

Players compete in teams of 5 and accumulate points for performance and finish amongst the five teams.

15. Transformers

This activity is often done as the precursor to another warm-up, Animal Name-Sound-Motion. Have the teams come together so that they can see you and each other and still maintain some space between each other. Ask each team to form the letter "H". After a minute or two of milling around, the team members will figure out how to arrange themselves in the shape of that letter. Lead the teams in applauding each other's success introduce the next task for each team to do in turn.



TEAM ALBERTA

- Form a zipper, zipping and unzipping
- Arrange yourselves in the shape of a helicopter
- Become a cannon ball fired from a cannon

16. Climb the Mountain

Equipment:

- Numerous hockey stick shafts cut off at blade to have full length shafts remaining.

Objectives:

- Teammates cooperating to achieve goal(s) together. Develop trust in one another.
- Players supporting everyone on team to get through regardless of physical size and weight. Promote team concept.

Explanation/Formation:

- 2 players begin by each holding one end of a hockey shaft at the ends. They place the shaft at an arbitrary height.
- The first player must now climb on and then over the shaft and then drop to the ground by himself or with the help of team members holding the shaft.
- After two participants go over the first shaft, they then form another walk plank, 1-2 feet away from the first pair with another shaft. They must select a different height from the first pair.
- One at a time, 2 other players will now walk over 2 hockey shafts and then set up another and so on.
- Continue so all players have set up a walk plank, each pairing at varying heights of difficulty. Once everyone has proceeded through the stick walk, first two participants walk over stick rout and continue until a predetermined time or distance as you move along.

17. Mine Field



TEAM ALBERTA

Equipment:

- Blind folds (as many as required).

Objectives:

- Build verbal communication with teammates.
- Opportunity to break down barriers between teammates.

Explanation/Formation:

- All individuals are blindfolded first. Divide players into partners and separate partners as far away from each other as possible.
- Individuals are then given a word, phrase or sound that pairs up with their partner (who they don't know). Examples: Peanut – Butter, Teeter – Totter, Stop – Go, Ice Cream – Sundae.
- The coach will start the activity and they all begin to call out their word or sound that they were assigned and try to match up with their partner. They then can take blindfolds off and introduce themselves.
- Variation: This can also be done with sounds.

18. “Chuck the Chicken”

Equipment:

- Rubber chicken or ...

Objectives:

- Build verbal communication with teammates.
- Teamwork to win a race



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Explanation/Formation:

- o Players are put in a circle. 1 player chucks a chicken and starts running around their team circle
- o The other team must run to the chicken, form a circle around it and throw it
- o Once they throw it the other team stops its run and prepares to get the chicken, form their circle and ...
- o Runs scored based on the number of times the runners circle the group

19. “Hold the Rope”

Every year a college team wins the NCAA title. Every year an ASA team wins Nationals. Every year the best high school team in each Division wins the state crown. All of these team have one thing in common, and contrary to popular belief, gifted, talented, athletes is not the answer. No matter how tough it became through their season, they did one thing ... they held the rope.

What is holding the rope? Imagine you are hanging off the side of a cliff with a drop of 20,000 feet. The only thing between you and a fall to death is a rope, with the person of your choice at the other end. Who do you know that has the guts to pull you to safety? Who will hold the rope?

If you can name two people that's not good enough because those two people might not be around. The next time your team is together, look around and ask yourself, who could I trust to hold the rope? Then look at yourself and ask the same question - who would I hold the rope for? When you can look at every member on your team and say to yourself that they all would hold the rope, including yourself, you are destined to win a lot of ball games.

You don't have to be the best team on the field to win the game. I know, I have had two teams that were not the most talented but believed in the rope. Those were two Women's College World Series teams.

No matter what sport you play, in order to win, you have a commitment to your team. If you are supposed to run sprints at the end of practice, do it well. If you have to practice, do it, don't just go through the motions because you are



TEAM ALBERTA

then wasting everyone's time. Once you start letting up at practice or start missing your workouts, you've killed the team because you didn't hold the rope. When you need to take your own time to eat right, sleep well and/or rehab, do it so you can hold the rope when your team needs you. Remember this is a team sport, everyone must hold the fibers.

20. Tube and Ball – Leadership, Cooperation, Focus, Fun

Group: 2 teams, each team has two group of 10 players

Duration: 15 to 30 minutes

Objective:

Is to move golf ball from one piece of tubing to the next while moving and not allowing the golf ball to drop, stop or roll back.

Preparation:

One team will be participating while the other team is waiting for them to finish.

Each player will have a different length of tubing

If a team is having trouble completing the task, the teams can switch. Switching players on and off each team is not allowed.

Once both teams have competed going the distance without the ball dropping, stopping or rolling back, is victorious.

21. Helium Stick – Team work, Patience, Communication, Leadership

Group: Two Teams

Set Up Time: 2 minutes

Duration: 15 minutes



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Objective:

Form two lines facing each other. Lay a long, thin rod on the group's index fingers. Goal: Lower to ground. Reality: It goes up!

Preparation:

Line up in two rows of 10 players, which face each other. Ask players to point their index fingers and hold their arms out. Lay the Helium Stick down on their fingers. Have the players adjust their finger heights until the Helium Stick is horizontal and everyone's index fingers are touching the stick. Explain that the challenge is to lower the Helium Stick to the ground. The catch: Each person's fingers must be in contact with the Helium Stick at all times. Pinching or grabbing the pole is not allowed - it must rest on top of fingers. **Reiterate** to the group that if anyone's finger is caught not touching the Helium Stick, the task will be restarted. Let the task begin again.

22. Make a Stand – Teamwork, Problem Solving, Communication, Leadership

Group: Break up into teams of 4 to 5 players

Set up Time: 3 minutes duration: 15 minutes

Objective/Preparation: The group needs to work together to build a structure with their bodies under certain parameters!

Please make new groups when doing each parameter!!!

The Parameters:

- 1) 4 limbs touching the ground
 - 2) 3 limbs touching the ground
 - 3) 2 arms and 1 leg touching the ground
 - 4) 1 back, 2 knees, 2 hands touching the ground
-

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23. Draw the Picture – Teamwork, Communication, Leadership

Group: Break team into pairs

Set Up Time: 3 minutes, need pen and paper

Duration: 15 to 20 minutes

Objective/Preparation: Player A will have a blank paper, the player B will have a paper with diagram on it.

Player B will be standing/sitting behind Player A. Player B will then describe the picture to Player A. Player A then listens to the directions Player B gives him as he draws on his paper. Player B can not tell Player A what the picture or symbols are. After they are done, the two players can compare the two pictures.

Time limit for each for the above is 10 minutes.

The players then swap positions!

24. Survival Scenerio

You and your teammates have just survived the crash of a small plane. Both the pilot and co-pilot were killed in the crash. It is mid-January , and you are in Northern Canada. The daily temperature is 25 below zero, and the night time temperature is 40 below zero. There is snow on the ground, and the countryside is wooded with with several creeks criss-crossing the area. The nearest town is 20 miles away. You are all dressed in clothes appropriate for working out. Your group of survivors managed to salvage the following



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items:

- A ball of steel wool
- A small ax
- A loaded .45-caliber pistol
- Can of Crisco shortening
- Newspapers (one per person)
- Cigarette lighter (without fluid)
- Extra shirt and pants for each survivor
- 20 x 20 ft. piece of heavy-duty canvas
- A sectional air map made of plastic
- One quart of 100-proof whiskey
- A compass
- Family-size chocolate bars (one per person)

Your task as a group is to list the above 12 items in order of importance for your survival.
List the uses for each. You MUST come to agreement as a group.

25. Hidden Squares

26. Hidden Squares

Find so

HIDDEN SQUARES

OBJECTIVES

To encourage participants to dig deeper into problems and visualize them from a different perspective.
To encourage participants to see not only the whole, but also various combinations of parts.

MATERIALS REQUIRED

A flip chart, transparency, or handout with the figure found on page 103.

PROCEDURE

Participants are provided with a visual drawing of a large square divided into smaller squares. They are then directed to quickly count the total number of squares seen and report that number orally.

The correct answer is 30, developed as follows: 1 whole square, 16 individual squares, 9 squares of four units each, and 4 squares of nine units each.

DISCUSSION QUESTIONS

1. What factors prevent us from easily obtaining the correct answer? (We stop at the first answer. We work too fast.)
2. How is this task like other problems we often face? (Many parts comprise the whole.)
3. What can we learn from this illustration that can be applied to other problems?

You can only



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NAME: _____

Name		Answer		Name		Answer
	Is born in the same month as you				Has the same number of siblings as you	
	Can speak more than one language				Has travelled outside of Canada	
	Has been on TV				Can play a musical instrument	
	Has performed on stage				Has climbed on a climbing wall	
	Has won an individual award				Knows someone famous	
	Has been a volunteer				Has a unique skill or talent	
	Has been in a parade				Is an honours student	

27. TOXIC WASTE DUMP

Objectives

- To provide an opportunity for planning and experiencing teamwork.
- To provide a live forum for analyzing planning prerequisites, processes, and consequences.
- To focus the team's attention on how members work together to accomplish objectives.



Materials Required

- Instruction sheet for each participant
- 2 coffee cans - Two different sizes, large one for safe can and a smaller one for the toxic one.
- Popcorn kernels to fill one can about halfway
- 6 – 8 pieces of 7 ½ foot rope
- A large sheet of plastic
- 50' foot long rope
- 1 bicycle tire tube

Procedure

- Establish an open space for the group, with an 8-foot diameter circle marked off with rope.



TEAM ALBERTA

-
- Ask the team to identify the characteristics of highly effective teams. Explain that effective teams pay close attention to both task and the process (i.e. how they work together to accomplish their objective).
 - Distribute the instruction sheet to each person, and start the clock running. Give them 10 min max or if multiple teams have them race to see who gets it done faster.
 - Enforce the rule very strictly.

Discussion Questions

1. Was your team successful? By what measures?
2. What did your team do that helped it succeed?
3. What did your team members do that caused it problems?
4. What did you learn from this exercise that you can apply on the job?

Note to Team Leaders:

Most groups accomplish this (after due discussion and planning) by folding over the tire tube into a smaller circle, tying 3-5 short ropes to various sides of it, and stretching it to fit over (and grab) the toxic can. By coordinating their efforts, one member slides around the circle with his/her rope to become the controller of the dumping process while the others hold the can suspended above the safe can. Through delicate maneuvers, they can accomplish the task. The plastic sheet underneath the circle and cans makes cleanup much easier when they spill.

28. Toxic River

Everyone is on one side. You measure a space about 5 feet and call it a toxic river. You want the whole squad to cross as fast as they can. They aren't allowed to cross the toxic river without special pair of boots and there is only one pair of boots (choose a pair of boots or something to use). Each person can use the boots only once. The boots cannot be tossed



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over the river. Each person has to personally give the boots to the next person and if they touch the toxic waste without the boots, the team must start over. Hint: Carrying people over is the key – don't tell your group this.

Leadership

1. Circle of Communication

PURPOSE

- For use as ICEBREAKER
 - people get to know each others names
 - have some fun
 - challenges people to think about what is happening within the game/group and how it might apply to the reality of our group's task/work.

TIME REQUIRED

- 20 – 30 minutes
 - 10 – 15 minutes for the game
 - 10 – 15 minutes for debrief

MATERIALS

- Approximately 2 balls per person in the group
- 12 – 24 balls of varying sizes, but not bigger than a small football – tennis balls, soft balls are good



TEAM ALBERTA

INTRODUCTION

- Inform the group that you have a challenge for them
- Ask the group for two volunteers
- Ask the two volunteers to leave the room so that they are out of sight and sound of the activity. Let them know that you will come to get them in a few minutes.

DETAILS

- Have the group form a circle
 - You should stand outside the circle
- Inform the group that their challenge is to create a pattern of throwing the ball which enables each member of the group to touch a ball once as it makes its way around the circle
- The best way to initiate the pattern is for each group member to raise their hands in the air. Once they have caught the ball and passed it to someone else they put their hands down to their sides
-

YOU MUST REMEMBER WHO YOU GOT THE BALL FROM AND WHO YOU GAVE IT TO.

- Throw the ball through the group
- Once the ball has been caught and thrown by each group member and returned to the start person, ask the group to through the pattern one more time to be sure that the pattern is remembered. Do not raise your hands this time. Each person should call out the name of the person they are throwing the ball to. Eye contact should also occur before the ball is thrown.
- With this pattern in place, now inform the group you will be adding more balls into the challenge (vary the size of ball). Hand each new ball to the start person who will introduce them into the cycle.
- Inform the group that they now have the opportunity to make any rules they feel could enhance their success in getting all the balls into play.
- With the rules in place begin feeding the balls to the starter person. Be sure to inform that person that when the balls come back to them, they must keep them in play.
- Once the balls are in play, bring the two volunteers that have been “outside”, in to get involved in the challenge. Also let them know that you are not “setting them up”.
- Once they get to the edge of the group, inform the group in a loud voice. . “YOU NOW HAVE TWO NEW MEMBERS TO GET INVOLVED IN YOUR CHALLENGE”. Say this only once! The two new members should be “passive” in that they must wait for the group to accept them and give them invitation into the group and inform them of the rules of play.
- Give the group time to incorporate the two new members in whatever fashion they choose.



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- When the group has incorporated the two new members, inform the group that you are going to remove two other members from the group, then do it!
- While the group is dealing with the removal of the two members, have one of the removed members to re-enter the group and institute change. This challenge is to *verbally* and *physically* get the group to reverse direction.
- Once this is done, bring the challenge to its conclusion.
-

DEBRIEF PURPOSE AND QUESTIONS

PURPOSE

- To have a group appreciate what the exercise means relative to our task and mandate as a group
 - importance of good communication
 - importance of listening and working together
 - importance of orientating new members as to purpose of group and their mandate & direction and “way of doing business”
 - importance of appreciating how difficult it is to change the way a group does business, who we need to start out together on the right foot – together
-

QUESTIONS

- what were some of the strengths demonstrated by our group
- how did the two new people feel entering the group after the challenge was already in play
- how did the group feel about two new people coming into the group
 - did anyone notice
 - build on what people say here, ie. two people noticed but the majority did not . . . why and what impact did this have on those that noticed the new people on the outside and not being able to enter
- what might the different sized balls represent
- how did it feel when two members were removed from the group
- how did the two members feel when they were removed
- how did it feel when one member introduced change
- what feelings were aroused
- was anyone not affected by the people movement
- what was it like keeping track of what was happening in the group



TEAM ALBERTA

- what linkages can we make between this exercise and our work as a committee

2. Flip Flop

You will need 1 large blanket or 2 medium sized blankets.

Start the game by having your whole team stand on the blanket, or if you have 2 blankets than have your team split in half and have them stand on each blanket. The object of the game is to have your team flip the blanket over without anyone being allowed to step off the blanket. If you choose to have 2 blankets you can make it into a race, to see which group is faster.

This game is going to show how well the kids can work together as a team, and it will also show you who your leaders are.

In order for the blanket to be flipped over, the team needs to stand at one end of the blanket, maybe even caring one another and then slowly begin to flip it over with little adjustments at a time.

3. Team Pedestal – Milk Crate

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Equipment Required: Sturdy milk crates, duct tape and a stop watch

Description: Divide the team into two or three groups. If each group has more than seven players, you will need to duct tape two milk crates together, side-by-side, for each group. The group members must stand on the milk crate with their feet off the ground. Group members may use any method to balance, including holding onto each other's arms, shoulders and clothes. The team that stays on its crate the longest wins the challenge.

4. Stranded on a Deserted Island – Communication, Leadership

Group: Break into two teams

Set Up Time: 3 minutes, need pen and paper

Duration: 20 to 25 minute

Objective/Preparation: Explain the following - "Unfortunately, you will be relocated and stranded on a deserted island for an indefinite amount of time. You may only bring one item to the island, and you only have a few minutes notice. What will you bring? Share with your group your object, why you chose it, and what you plan to do with it." Have each person briefly share their item, why it is important to them, and what they plan to do with it. After everyone has shared, instruct the groups to figure out how they can improve their chances of survival by combining the items in creative ways. Allow ten to fifteen minutes of brainstorming time, and then have each group present their ideas.



TEAM ALBERTA



5. I AM A BIG PIECE OF THE PUZZLE

Date: Wednesday, April 16, 2009

Classroom Activity

Materials: 1 bristol board [color: red], 1 package of cut out puzzle pieces, package of markers, 2 glue sticks.

Description: Players receive their own puzzle piece along with a marker. The player writes their number in the middle of the puzzle piece and on each corner write the attributes that they are going to contribute to the team everyday to help the team be successful. Once all players are completed, they must work as unit to glue the pieces onto the board so that all the pieces are interlocked and the puzzle is complete. The board will be glued on the dressing room wall during the competition.

Purpose: Emphasizing that the each player is a big piece of the puzzle if this team is going to be successful in the competition. It also emphasizes teamwork and cooperation.



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6. Make A Jersey

Materials: markers, 20 t-shirts

Description: Each player will receive one t-shirt each. Players are divided up into two teams for the team ... tournament on the team-training weekend. The two teams names were: ... The two teams needed to create a jersey for their team that looked the same for all players on their team. They needed to have their last name or nickname across the shoulders and their team number, as a regular jersey would look. The players will use these newly created team jerseys for the gym activity.

Purpose: teamwork and cooperation.



TEAM ALBERTA

TEAMBUILDING . . .the building blocks

Several important building blocks must be present to have successful teambuilding. It is important that the coach use appropriate activities that develop the principle behaviors of effective teams.

Teamwork all start with belief. Believing is the key to great accomplishments! Players and coaches must be prepared to work hard. The secret to success in life is for man to be ready for opportunity when it comes.

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The 11 building blocks to a successful team are:

1. *Accept Your Roles*

- not everyone can be the goal scorer
- teams require many roles to be filled

2. *Clear Objectives and Agreed Upon Goals*

- values clarification exercise
- you must have something you are trying to accomplish
- Why are we here?

3. *Openness and Confrontation*

- honesty

4. *Support and Trust*

- emotional and physical safety

5. *Cooperation and Conflict*

- how do you deal with problems
- coaches and players

6. *Sound Procedures*

- decision making

7. *Appropriate Leadership*

- shared leadership
 - opportunities
-



TEAM ALBERTA

8. Regular Review

9. Individual Development

- all team members must be “growing” and developing
- a solid program is based upon doing the little things right

10. Sound Inter-group Relations

- working and playing together
- successful teams all care about each other

11. Good Communication

- open and honest
- trust
- emotional safety
-

Three universal questions that an individual should ask of his coach, players and teammates are:

1. *Can I trust you?*
2. *Are you committed to excellence?*
3. *Do you care about me?*

Building a Team Identity

Materials: Post it notes, pens, whiteboard/wall

Description: Each player is given three separate post it notes. On each piece of paper, each player writes the three biggest strengths as a player that they will contribute to the team during the competition. After each player has stuck their post it notes on the wall, the coaches will group the same characteristics together and create a display similar to a bar graph. The players will get to see a visual of the consistent strengths that the team has. Ideally, these strengths match up with the team identity and vision that they coaches created prior to selection camp.



TEAM ALBERTA

GAMES TO IDENTIFY WHAT A TEAM IS?

1. THE PUZZLE GAME

*** Purpose of Activity**

- ice breaker or warm-up activity
- the value of communication in a team
- the idea of creativity to accomplish tasks
- the idea that teamwork is important to success
- to have fun

*** Equipment Required**

- 2 to 4 children's puzzles (4 to 8 large pieces per puzzle)
- enough puzzle pieces for each team member to have one
- enough puzzles are needed so that your team is broken down into smaller groups, each having to complete a puzzle

*** Process to Follow**

- communicate to players that the task is designed to have them communicate and mingle with team members and that they will have to identify which puzzle group they will belong to
- communicate that all players will have to work closely with other players to ensure that they can complete their puzzle
- the first group to win by completing the puzzle wins a prize



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3. BALLOON MESSAGES

*** Purpose of Activity**

- to have players begin to identify all the things that are important in having a team
- to have players understand the personal and individual accountability required to be a team.
- to have fun

*** Equipment Required**

- enough balloons so each team member will get one
 - includes players, coaches, trainers and manager
- large enough room or space for players to have to chase a balloon
- balloons filled with helium would work well in a bus or confined space
- if in a meeting room, ensure that balloons have a string attached, so participants can get them

*** Process to Follow**

- coaches and managers must fill appropriate number of balloons with a message or question that each participant will be required to answer
- each player in turn must get a balloon and pop it getting the question and answer it back to the larger group
- sample questions might include:
 - What is a Team?
 - How can I contribute to the team?
 - What are my/your strengths as a player?
 - What can I contribute to the team?
 - What am I willing to do to contribute to the success of the team?
 - What can I contribute to help make our team a successful team?
 - What is success?
- Coach must do a debrief with the team to reinforce the value of individual efforts and accountability to the team



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Brain Teasers

1. Being very tired, a child went to bed at seven o'clock at night. The child had a morning piano lesson, and therefore wound and set the alarm clock to ring at 8.45. How many hours of sleep could the child get before the alarm rings?

Answer:

2. I can sizzle like bacon,
I am made with an egg,
I have plenty of backbone, but lack a good leg,
I peel layers like onions, but still remain whole,
I can be long, like a flagpole, yet fit in a hole,
What am I?

Answer:

3. If you had only one match and entered a cold, dimly lit room where there was kerosene lamp, an oil heater, and wood burning stove, which would you light first?

Answer:

4. A woman shoots her husband.
Then she holds him under water for over 5 minutes.
Finally, she hangs him.
But 5 minutes later they both go out together and enjoy a wonderful dinner together.

How can this be?

Answer:

5. There is one huge tree. It has five branches. Each branch has three small branches. Each of the small branches has six bats. Each bat has four eggs. How many eggs are there?

Answer:



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6. There's two in a week and
one in a year;
and its always at the end of time.
What is it?

Answer:

7. Some months, like October, have 31 days. Only February has precisely 28, (except in a leap year). How many months have 30 days?

Answer:

8. Two women play checkers. They play five games without a draw game and each woman wins the same number of games. How can this be?

9. A boy comes into a surgery one day - knocked down by a car and in need of medical attention.
The surgeon says "I cannot operate on this boy because he is my son"

If the surgeon is not the boys father, how is the surgeon related to the boy?

Answer:

10. No legs have I to dance,
No lungs have I to breathe,
No life have I to live or die
And yet I do all three.
What am I?

Answer:

11. If a physician gave you five pills and told you to take on every half-hour, how long would your supply last?

Answer:

12. When was the last year that Team Pacific won the Gold Medal at the world Under 17 Challenge?
-

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Answer:

1. 1 hour 45 minutes
2. Snake
3. The Match
4. The woman is a photographer. She shot a picture of her husband, developed the picture, and hung it up to dry
5. Zero, bats are mammals, They don't lay eggs
6. The letter 'e'
7. 11 months (all but February)
8. They are not playing against each other
9. The surgeon is the boys mother
10. Firer
11. 2 hours
12. Zero

13. CAN YOU COUNT?

1. Question

Three friends check into a motel for the night and the clerk tells them the bill is \$30, payable in advance. So, they each pay the clerk \$10 and go to their room. A few minutes later, the clerk realizes he has made an error and overcharged the trio by \$5. He asks the bellhop to return \$5 to the 3 friends who had just checked in. The bellhop sees this as an opportunity to make \$2 as he reasons that the three friends would have a tough time dividing \$5 evenly among them; so he decides to tell them that the clerk made a mistake of only \$3, giving a dollar back to each of the friends. He pockets the leftover \$2 and goes home for the day! Now, each of the three friends gets a dollar back, thus they each paid \$9 for the room which is a total of \$27 for the night. We know the bellhop pocketed \$2 and adding that to the \$27, you get \$29, not \$30 which was originally spent.



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Where did the other dollar go????

Answer: The facts in this riddle are clear: There is an initial \$30 charge. It should have been \$25, so \$5 must be returned and accounted for. \$3 is given to the 3 friends, \$2 is kept by the bellhop - there you have the \$5. The trick to this riddle is that the addition and subtraction are done at the wrong times to misdirect your thinking - and quite successfully for most. Each of the 3 friends did indeed pay \$9, not \$10, and as far as the friends are concerned, they paid \$27 for the night. But we know that the clerk will tell us that they were charged only \$25 and when you add the \$3 returned with the \$2 kept by the bellhop, you come up with \$30.

2. Question

You have a 5 gallon bucket and a 3 gallon bucket, a hose to fill them up, and you need to get 4 gallons. You have no means of measuring how many gallons are in each bucket (except knowing the buckets capacity) how can you be certain that you have 4 gallons?

Answer: Fill up the 3 gallon bucket and pour it in to the five gallon bucket(You now have 3 gallons in the 5 gallon bucket). Fill up the three gallon bucket again and pour it into the five gallon bucket until it is full.(You now have 5 gallons in the five gallon bucket and 1 gallon in the 3 gallon bucket.) Dump the water out of the 5 gallon bucket. Pour the one gallon from the 3 gallon bucket into the 5 gallon bucket. (You now have 1 gallon in the five gallon bucket) Fill up the 3 gallon bucket and pour it into the 5 gallon bucket. (You now have 4 gallons in the 5 gallon bucket.

3. Question

There is one huge tree. It has five branches. Each branch has three small branches. Each of the small branches has six bats. Each bat has four eggs. How many eggs are there?

Answer: ZERO!!! Bats are mammals. They don't lay eggs!!!



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14. HOW IS IT POSSIBLE?

1. Question

A boy comes into a surgery one day - knocked down by a car and in need of medical attention. The surgeon says "I cannot operate on this boy because he is my son"

If the surgeon is not the boy's father, how is the surgeon related to the boy?

Answer: The surgeon is the boy's mother.

2. Question

A man went on a trip with a fox, a goose and a sack of corn. He came upon a stream which he had to cross and found a tiny boat to use to cross the stream. He could only take himself and one other - the fox, the goose, or the corn - at a time. He could not leave the fox alone with the goose or the goose alone with the corn.

How does he get all safely over the stream?

Answer: Take the goose over first and come back. Then take the fox over and bring the goose back. Now take the corn over and come back alone to get the goose. Take the goose over and the job is done!

3. Question

A woman shoots her husband.
Then she holds him under water for over 5 minutes.
Finally, she hangs him.
But 5 minutes later they both go out together and enjoy a wonderful dinner together.

How can this be?

Answer: The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

4. Question

A man wanted to enter an exclusive club but did not know the password that was required. He waited by the door and listened. A club member knocked on the door and the doorman said, "twelve." The member replied, "six " and was let in.



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A second member came to the door and the doorman said, "six." The member replied, "three" and was let in. The man thought he had heard enough and walked up to the door. The doorman said, "ten" and the man replied, "five." But he was not let in.

What should have he have said?

Answer: He should have said "three." There are three letters in the word "ten."

15. WHAT AM I ???

1. Question

I can sizzle like bacon,
I am made with an egg,
I have plenty of backbone, but lack a good leg,
I peel layers like onions, but still remain whole,
I can be long, like a flagpole, yet fit in a hole,
What am I?

Answer:

2. Question

Only one color, but not one size,
Stuck at the bottom, yet easily flies.
Present in sun, but not in rain,

Doing no harm, and feeling no pain.
What is it?

Answer:

3. Question

With pointed fangs it sits in wait,
With piercing force its doles out fate,
Over bloodless victims proclaiming its might,
Eternally joining in a single bite.
What am I?

Answer:

4. Question

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You walk into the forest and get me,
You sit down to look for me but can't find me.
You get up and leave with me,
What am I?

Answer:

5. Question

We meet at midnight once a year
a day goes by I disappear.
We'll meet the same time every year
I'll be the same but you'll have changed.

What am I?

Answer:

6. Question

No legs have I to dance,
No lungs have I to breathe,
No life have I to live or die
And yet I do all three.
What am I?

Answer:

7. Question

There's two in a week and
one in a year;
and its always at the end of time.
What is it?

Answer:

8. Question

My skin is white and black.
My mouth goes with my appetite.
My ears are black and sometimes white.
I can run fast if I use my might.
I'm faster than most human beings.
Yet I lack the colors of seeing.
What am I?

Answer:

Coaches Cup

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Team Alberta Team Builders

OVERVIEW

- The Coaches Cup is awarded each year at the end of the Team Alberta U17 Provincial Camp to the Team which best exemplifies the qualities of **Respect, Competitiveness, Leadership and Attention to Detail**.
- Throughout each day, the Teams and athletes are observed at all times by the Team Alberta / Team Pacific Coaches, Trainers and Administrators. At the end of each day, the actions, inactions and interactions of each Team and Athlete are assessed, and points are awarded or subtracted based on those assessments.
- Running daily and weekly totals are posted each morning, with brief explanations as to the reasons for the scoring decisions. At the conclusion of the Camp, the Team with the highest point total will be crowned the 2010 Coaches Cup Champions.

SCORING

- Scoring is in the sole discretion of the Team Alberta / Team Pacific Staff.
- A typical Daily Scoring Summary might look like this:

DAY ONE – Tuesday, July 8, 2008

<i>Event</i>	<i>White Points (+/-) and Notes</i>	<i>Blue Points (+/-) and Notes</i>
Registration	+1 (all athletes on time)	+1 (all athletes on time)
Orientation	+1 (good questions from group)	-1 (poor interaction, no questions) -2 (2 athletes late)
Team Meetings	-1 (players talking while Coach giving instruction)	0
Dinner	-1 (1 plate left on table)	+2 (Coach received positive feedback about

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		athletes' politeness from serving staff)
Nutrition Seminar	-1 (poor interaction, no questions)	+1 (good questions from group)
Pre-Ice / Warm-up	+1 (excellent dynamic warmup)	-1 (low energy and focus during dynamic warmup)
Ice Session	+2 (best energy and execution)	0
Post-Ice Cool Down/Stretch (including dressing room)	-1 (1 player late to join group for stretch)	+1 (excellent static stretch) -1 (tape on dressing room floor)
Lights Out	0	0
Miscellaneous (Trainers)	0	+1 (Player went out of his way to thank trainer for pre-ice wrap/treatment)
Miscellaneous (Coaches)	0	+2 (Coaches noticed player carry arm load of everyone's sticks into room after ice time)
Daily Total:	1	3
Weekly Total:	1	3

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COACHES CUP GUIDELINES

1. FOCUS

- To challenge each player's level of compete through daily events
- Take pride in competing to the best of your abilities
 - "LOVE to WIN – HATE to LOSE"
- The opposition is the enemy; learn to dislike yet still respect your opponent
- To exemplify leadership, team work and character
 - Do you want to be part of Team Alberta and conform to the team identity?
- Daily points system based on the following:
 - Respect and Representation
 - We must earn the respect of everyone around us such as people from the cafeteria, rink attendants, training staff, hotel staff, bus drivers, flight attendants etc.
 - We want to be the "class" of the Canada Games and it starts at summer camp
 - Leadership
 - Competitiveness
 - Bonus points will be awarded and deductions will be made accordingly throughout camp
- Daily Standings will be posted every morning in the cafeteria



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2. EVENTS

- Games
- Practices
- Fitness Testing
- Dressing room
- Dorm Rooms
- Cafeteria
- Walking Together
- Team Building
- Other team activities

3. AWARDS

- Coaches Cup at the end of camp



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Coaches Cup – Daily Scoring Summary

Coach's Name: _____

Date: _____

Event	Red Points and Notes	Green Points and Notes	Blue Points and Notes	Black Points and Notes

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Daily Totals:				

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2023

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TEAM BUILDERS

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U17AAA Tigers

KEVIN
RIETH

Task – Team Builder for U17AAA Tigers

Team Builder that we will run this year and have run in the past with other teams is both a fundraiser as well as a team builder. We will host a home game that we advertise as our “Cancer Awareness Game”. Players will be wearing specially designed Jerseys that will be auctioned off after game. As well players will customize their sticks, goalie gear with the color of tape of their choice to represent the different types of cancer that people are fighting against. We contact our opponent in plenty of time and they are most willing to show support and have their players doing the same with taping their sticks with colored tape as well as colored laces. A silent auction table is also present as well as the sale of chocolate/caramel popcorn with all proceeds going to the local Margery E. Yuill Cancer Center.

The Team building comes in the form of the above mentioned chocolate/caramel popcorn! We have the players of the team make this concoction from start to finish including the bagging and ribbons.

It is an awesome team builder as we get the whole team to one of our high schools and take over the home economics room for an evening. We split them up into groups, hand them a recipe and instructions and let them at it, with a little supervision from some parent volunteers and assistant coaches. Coach is taste tester only!!

Team builder positives:

- Problem solving
- Co-operation
- Leadership-assigning certain tasks in each group by players
- Accountability – must have an edible product
- Controlling emotions in unfamiliar situations.
- Time management skills
- Coming together to do something for others.

Side note, last year's fundraiser raised \$4,500.00 for the center, which was a great sense of pride for our group.

Kevin Riehl

Coach – SEAC U17AAA Tigers.

Scavenger Hunt - 2 hours- Promote teamwork, communication, and problem-solving skills!

Material needed:

1. Scavenger Hunt list. (Print copies for each team)
2. Pens and pencils for each team
3. Camera or smart phone to capture evidence of completed challenges.
4. Whistle or bell to signal the end of each challenge.

Instructions:

1. Divide the team into groups of 4-6 members. Assign a team captain for each group.
2. Provide each team with a printed copy of the scavenger hunt list and a pen and or pencil.
3. Explain the Rules and Objectives:
 - The goal is to complete as many challenges as possible with the given time.
 - Each challenge has a specific point value. Teams will earn points based on the challenges they complete successfully.
 - Teams must document their completion of each challenge through photographs, videos, or their copy of the list.
 - Teams should return to the designated meeting point at the end of the time limit.
4. Start the timer and let the teams embark on their adventure!

Scavenger Hunt List:

1. Pyramid on Ice (10 points)
 - Take a photo of your team forming a human pyramid on the ice rink. (no skates)
2. Puck stacking Challenge (15 points)
 - Stack as many pucks as possible vertically within 60 seconds. Capture a photo of the stack.
3. Hockey Trivia (10 points)
 - Answer the following question: Which **NHL** Team has won the most Stanley Cups? Write down your answer.
4. Dress Up as a Mascot (20 points)
 - Dress up one team member as a funny or imaginary mascot and take a group photos.
5. Human Ice Zamboni (15 points)
 - Simulate an ice resurfacing machine using your bodies. Take a video of your team doing this.
6. Goal Celebrating Dance (10 points)
 - Create a unique goal celebration dance and perform it on the ice. Capture a video of your performance.
7. Coach for a minute (15 points)
 - Have one team member draw up a play on a whiteboard or a piece of paper, explaining the strategy to the rest of the team. Take a photo of the demonstration.

Blain H

8. Hockey Puzzle Challenge (20 points)
 - Solve a hockey-themed puzzle within 5 minutes. Take a photo of the completed puzzle.
9. Arena worker Handshake {10 points)
 - Find an arena worker and take a photo with him/her. Bonus points if you can get the worker to do a hockey themed pose.
10. Team Spirit Chant {15 points)
 - Create a team chant and perform it loudly in a public area of the arena. Capture a video of the chant.
11. Crossbar Challenge (10 points)
 - Each team member has one shot to hit the crossbar from the top of the circle. Record a video of the attempts.
12. Hockey Trick Shot (20 points)
 - Design and execute a creative trick shot on goal. Capture a video of the shot.

Scoring:

- Assign point values to each challenge based on difficulty and effort required.
- Designate a neutral person or a panel of judged to review the evidence and assign points accordingly.

Remember, the main goal of this scavenger hunt is to encourage teamwork and to have FUN!

Emphasize that completing challenges in a creative and collaborative manner is more important than winning. Once the time is up, gather all the teams and announce the winners, encouraging everyone to share their experiences and celebrate the achievements.

Good Luck and Enjoy

2

Team Building 2023/2024

Soccer Ball Balance

Teams of 4. One soccer ball per team. Teams must lay on their backs using their feet to balance soccer ball. Each player must wear socks. While balancing ball each player must remove one sock at a time. The team that removes all socks without dropping the ball wins. If ball is dropped socks go back on and teams start over.

Community Project

Players shovel snow for the elderly in the community. Builds team bonding as well as helping out the community.

Team Builder: Winning on the Road

This team builder is more geared towards U16-U18. It has nothing to do with hockey but more so learning life skills in a team environment. It is often skills that are overlooked by parents themselves.

It requires a couple vehicles and adequate supervisors. You can keep the team as a whole or divide into groups of 5-6.

Station 1: In station one they will together figure out how to locate the jack and tools required on the vehicle, jack up the vehicle, and take the tire off and then put it back on.

Station 2: In station two each individual will check the oil level on the vehicle and top up windshield washer fluid.

Station3: In station three each induvial will properly hook up the booster cables to the battery of the vehicle as if they are going to boost the vehicle.

Michael Babcock
HP1 Certification

Team Builder

Family Photo Introductions

This idea works well with U13 and up levels. If your team has access to a TV, having each player share a few photos of their family or support group allows everyone to get to know each other outside the rink. Small towns will have a better idea, already, but this will help your players share themselves with the group. Likewise, it will help get them comfortable presenting to their peers. Start this Day 1 of Training Camp with your coaching staff going first. From here prompt the groups to send their photos to someone on staff. PowerPoint slides work best, if you do not have an “Air Play” or “Screen Sharing” option on the TV. These will last 1-2 minutes per person. If you have junior players, having one rookie and one returning player go per day will keep it short before you hop into your practice material.

Revisit this after Christmas/Holiday Break and have the team reshare what they did while they were away. If adding a new player, have them present on their 2nd day to make them more comfortable and show how inclusive your group is.

Outdoor Game

At the UofS we did the “Brunskill School Outdoor Classic.” During our bye week, we’d pick a day, preferably mid-week when the weather wasn’t too bad to have a 3 on 3 tournament. The goalies worked as “independent contractors” and had a three-man rotation. They were judged on overall goals against. The rest of the group were made divisible by three (21 players/3 people per team = 7 captains). Teams were picked by peers. Using an online bracket machine, we automated a bracket that would give everyone enough rest and play each other once. We found that this was a fun way to break up the down time and keep it light. The teams will always be competitive. Feedback has been positive.

Team Builder

Rocky Perkins

My teambuilder exercise is low cost by utilizing some of the amenities we have in our community, should take 3-4 hours of time so kids can bond and find commonalities.

1. **Positive comment game** - have team sit in a circle, have all players names on a piece of paper in a hat. Player has to pull name out of the hat, and without saying the name they must give a positive comment of what that other player brings to the team on or off the ice. The rest of the team must guess who it is.
2. **Tug – O – War** on Kindersley Co-Op Arena track above ice surface.
 - Utilize a long rope
 - Split into 2 teams
 - Teams must work together to try and gain advantage
 - Teams must communicate
 - Teams must organize players in best possible way to win challenge
3. **Relay Race** on Kindersley Co-Op Arena track above ice surface.
 - Split into 3 teams
 - Each team to stay in own lane
 - Each player must do one complete lap around track to tag next teammate
 - Players encouraged to cheer on teammates
4. **Dodgeball** in school gymnasium
 - Split into 2 teams
 - This game teaches communication with teammates, compete, and working together to try and win game.

Team Bonding Event Scavenger Hunt U18

Dyson
Stevenson

I like the classic scavenger hunt as a team builder. I have done this with multiple teams from WHL, U18 to U13.

Scavenger hunts can be set up in various different ways but the best way I have found to run them is by splitting into four or five separate groups. This is not only a fun team event for pretty much all ages, but you can find out many things from your players. From who your leaders are by watching one individual lead their group by being a voice and taking charge, to the hard worker who will run around making sure your group is the first one to finish, then again you can find out who your poor sports and bad attitude players are.

Scavenger hunts can be a cheap and easy event that you can run after a practice or even instead of a practice, age group/team depending. You can also turn these into a larger event that can run for a couple hours with getting sponsors involved by donating prizes or having the kids hunting at or around the facility.

The way I would run my scavenger hunt for a U18 team would be to go around to local businesses around the rink to ask if they would be interested in taking part of helping the team. For example when I was in Regina the Pats name originated from the Princess Patricia's Canadian Light Infantry. So one of the scavenger hints was, where was the team name originated from, and a few doors down from the rink was a building with plenty of information on that.

Another example would be maybe something from the team store or hockey store in the rink that the players would have to figure out as a group, come together in a fast, positive way to try and finish first.

The team that wins could possibly get taken out for supper or some free team apparel, that being said I think team builders should always have a little competition involved, to make sure everyone gets involved and actually works to want to win, because that will carry over onto the ice.

I understand some facilities won't have options around the rink and some kids travel for practice and this may be a waste of time for parents but as a U-18 team or even younger if you can find a good time to put this on, it will benefit your team in many ways.

TEAM BUILDER: The Name Game

Ideal for newly formed teams comprised of players who are not familiar with one another.

Items required:

- Sheet or table cloth
- 2 chairs to stand on (optional)

How to Play:

1. Split the team into 2 groups.
2. Coaches or team personnel stand on chairs and hold the sheet up to obstruct the view of the players.
3. Each group lines up single file on opposite sides facing the sheet.
4. When the sheet is dropped or lowered on the count of 3, the player on each side of the sheet have to shout out the other person's first name.
5. The player who successfully identifies their teammate first is the winner and the other player has to come over and join their team.
6. The first team with all the players on it, wins.
7. Can play again using players last names or other details.

Excellent way to learn names or other details of teammates.

Farge Sandvold

Team Builders

2 Truths and a Lie - one at a time each player tells the team two truths about themselves and one lie, moving around the room each teammate shares which statement they think is untrue (or can be by show of hands). The player then tells the group which is the correct answer.

What I like about this teambuilder is as teammates you learn more about each other unrelated to hockey and typically some interesting facts. For me this helps build stronger relationships as they're no longer solely based on being teammates. You also get a chance to learn more about their personality, how was their delivery, are they comfortable addressing the whole team? What were they comfortable sharing? As coaches, you get to observe the same personality traits, but it's also a good way to observe the players who aren't sharing, are they attentive? Are they whispering with other players? How is their body language? Are there any unhealthy dynamics in the room that need to be addressed ie: cliques, poor attitude, etc.?

Human Knot - players stand in the same area, facing all directions and start connecting hands, some straight, some crossed. Once everyone is connected they have to work together to untangle themselves without disconnecting any hands.

This is a great team builder to encourage participation, communication and trying different approaches if an idea doesn't succeed as well as building confidence to make mistakes. As coaches it again provides insight into personalities and group dynamics and hits on teaching points including being open to new/different ideas, everyone has a role play, and both mistakes and successes provide an opportunity to learn. The knot can be done once, or multiple times and timed to see if the team can keep improving as a unit.

Duct-Tape Skis

This team bonding is about using communication. You will need duct tape, objects you can throw in different areas, some buckets/baskets.

Split the team in half give each team duct tape to tape their feet together (ankle)

Scatter the objects around between the two teams. 1 player on each team will not be connected they will be designated as the "repair people".

As a group the teams must move to pick up the objects (one at a time) scattered through out the field or gym drop them into their buckets or baskets. If at any point the duct tape is broken or becomes unlinked, the repair people must run out to find a way to reconnect their group together.

The game is over once all objects have been picked up.

The winning team is the team with the most objects in their basket.

Team Builder Activity

1. The "Suddenly" Story

If you've ever told stories around a campfire, you might have narrated a variation of The "Suddenly" Story. This activity is the choose-your-own-adventure book of team-building.

However, putting activities. You're not just telling a story — you're piecing a story together using the (often hilarious) imaginations of your coworkers.

To tell The "Suddenly" Story, gather your team in a circle, and offer the opening three sentences to a story about anything. At the end of the three sentences, say "Suddenly ..." and pass the story onto the person next to you.

It's their job to take your three sentences and build on the story with another three sentences, followed by "Suddenly ..." Each mention of "Suddenly" allows the story to take a turn. What that turn looks like is up to the next person in the circle.

The "Suddenly" Story helps people find ways of building on existing content while also being creative when all ears are on them. Try it the next time you want to get your department together for a break, and you're sure to get everyone laughing.

Team Builder

Pie Plate Landmines

Do this in a gym or area with more room in it.

Two player teams. One player is blindfolded and the other is on the other side of the gym. Place pie plates around the room spaced where they are not in straight lines and randomly placed.

The player on the other side of the room has to navigate their blindfolded partner across the room by telling them where to go and not step on a pie plate. If you step on a pie plate you have to go back to the start.

Timed event with combined time of both players. This way if one player takes longer a bit more pressure on the other player to pick their partner up through others adversity.

This team builder promotes teamwork, combined with some fun pressure built in. As well, with multiple players trying to navigate their blindfolded partners from across the room, it teaches to focus on the task at hand by hearing one voice and eliminate distractions and other noise.

TEAM BUILDER - Toilet Paper Game - Communication, Ownership

Group: 1 Large Group

Set up Time: 3 Minutes

Duration: 15 Minutes

Objective:

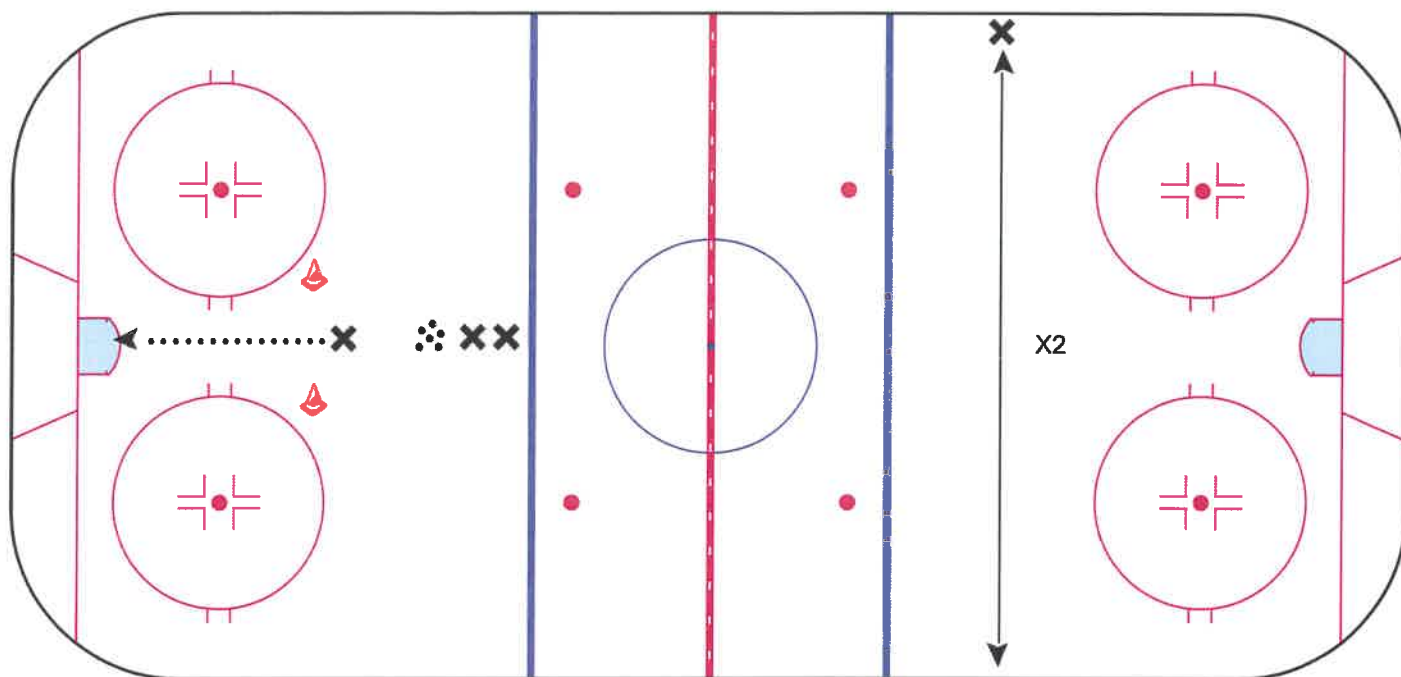
Have rolls of toilet paper and explain to your group that they are going camping and need to take as much toilet paper as they think they need for a two day trip. Once everyone has an ample supply, explain to the group that for every square in their possession, they must share something about themselves.

NOTE: If anyone knows the activity, ask them not to give away the secret under any circumstances.

Brad Hickman



TEAM BUILDER HP1



Description

Drill setup: Two pylons placed roughly around the top of circles and pucks above that with players lined up behind

Drill: Everyone on the team including the goalies have to take a puck and shoot it into the net and the puck has to be in the air (no ice burners) before they cross the pylons. If anyone misses the net or does not score with the puck in the air everyone on the team has to do two over and backs and restart the entire drill. Once the entire team scores with the puck in the air the drill ends.

Team Building and Fun Small Area Games

Each of these games can be played for about 15-20 minutes and are very easy to set up and require minimal materials.

Small Area would be about 15' x 15'

Medium Area would be 25' x 25'

Large Area would be about 40' x 40'

Game	Materials & Space	Instructions	Time Frame
The Numbers Game	<ul style="list-style-type: none"> - None - Medium Area 	<ol style="list-style-type: none"> 1. Spread out in the playing area. 2. Give 10-30 seconds for them to just run, jog or walk around the designated area. 3. When the time is right, the coach will yell out a number (example, "SIX!") and then the participants must quickly form groups of 6 (or whatever number is called). 4. Any players who didn't make a group must complete 6 jumping jacks or exercise of choice. <p>Link to game: https://youtu.be/Y63CWQOyh9</p>	~8 mins
Buggies Up	<ul style="list-style-type: none"> - None - Small area 	<ol style="list-style-type: none"> 1. Players form two equal circles. One on the outside and one on the inside. 2. Players begin by walking in the circle they are in. Have the circles going in opposite directions. 3. On the coaches command the participants must do any of the following with a player from the other circle. <ul style="list-style-type: none"> Command 1: Buggies Up - one partner must piggy back the other. Command 2: Buggies Down - Both partners must go back to back, interlink arms and sit down or half sit down. Command 3: Buggies All Around - One partner clasps their hands together straight above their head while the other partner runs a complete circle around 	~8 mins

		<p>them before they both sit down.</p> <ol style="list-style-type: none"> The last group to do this is either out or you can have them complete say 3 push ups before beginning again. 	
R-P-S Ladders	<ul style="list-style-type: none"> 1-2 sets of Ladders. Small to Medium Area 	<ol style="list-style-type: none"> Split the participants into 2 or 4 groups. Each group ideally should have 4 - 6 players for optimal rest to work ratio times Place the ladders side by side 10 feet apart. Have each team at either end of the ladders. The goal is to get your entire team to the other side of the ladder first. Team 1 will verse Team 2 by completing the ladder pattern given by the coach. Once they meet in the middle they will do R-P-S to see who gets to carry on throughout the ladder. The person who loses runs to the back of their line and the next person in line begins the pattern until they meet their opponent on the ladder. After a person successfully makes it through the ladder by completing the pattern and winning all of their R-P-S rounds they will sit down and cheer on their remaining teammates. 	~15 mins
Memory Game	<ul style="list-style-type: none"> Hoola Hoops or Breakable Ladders 8< bean bags 8< Player Socks Large Area Space works better <p>Instead of bean bags you can also use puzzles. Place different puzzle pieces in each hula hoop and every team must find their designated pieces. The first team to find all pieces and</p>	<ol style="list-style-type: none"> Create 4 teams and have each team line up relay-style. Across from the teams, place the same amount of 4 different colored bean bags on the floor (ex. 4 red, 4 purple, 4 yellow, 4 green). One color for each team. Cover the bean bags with a player sock. *It's important that teams don't see where the certain colors are covered, so have them close eyes or you can set-up beforehand* The goal of the game is to be the first team to find and bring back all of their color beanbags. On the signal, the first player from each team runs to a player sock and looks under it. If under the sock is the beanbag of their team's color then they bring it back. If not, then they return to line empty-handed. Next person in line goes, etc, etc until one team has found all of their beanbags. 	~15 mins

	complete their puzzle wins.	Link to game: https://youtu.be/-SXiqzG3V5A	
Garbage Ball	<ul style="list-style-type: none"> - Any type of ball - Two empty garbage cans - Larger Space the better 	<ol style="list-style-type: none"> 1. Place an empty garbage can at either ends of the playing area. 2. Divide the number of participants into two teams. This game is very similar to ultimate frisbee but with a few twists. 3. Do rock paper scissors to see which team gets to start with the ball. 4. The goal is to get the ball into your opponent's team's garbage can. 5. Defense cannot puppy guard the garbage can as they can only go within 5 feet of it. 6. When in possession of the ball, the player can only take 3 steps before passing or shooting it. 7. If the ball is dropped the other team gets possession. 8. In order to score a point the person who is shooting the ball into the garbage IS NOT allowed to have their feet on the ground when they shoot or else the point does not count. They must jump and shoot. If they knock the garbage can over it is no point. 9. Once a point is scored the team that scored must give the opposing team half the playing field before they can attack and defend. 	Anywhere from 5 - 20 minutes
Island Hopping	<ul style="list-style-type: none"> - 20 pieces of scrap paper or cardboard. Poly spots also work too. - Medium to Larger space if not more. 	<ol style="list-style-type: none"> 1. Count out the number of participants and form 2 teams. Make sure you have the same number of cardboard chunks as players or a couple more. 2. Lay your pieces of cardboard in two straight lines. 3. Each person will then stand on a piece of cardboard or paper. 4. The coach will go stand 15 - 30 feet away from the groups (the farther away the better). 5. The groups must surpass the coach without touching the ground. 6. If a person steps onto the ground they must all move their pieces back to the beginning and restart. 	~15 mins
Sheet Flipping	<ul style="list-style-type: none"> - 2 Bed Sheets - Medium Space 	<ol style="list-style-type: none"> 1. Lay both sheets on the ground about 10 - 20 feet away from each other. 2. Split your all participants into 2 groups. 	~15 mins or longer

		<ol style="list-style-type: none"> 3. Each group will go to their designated sheet. 4. The goal is to successfully flip the sheet over without having any participants step off of the sheet onto the ground. 5. If a person steps off of the sheet onto the ground, their group must start over and put their sheet back. 	
Splat	<ul style="list-style-type: none"> - None - Small to Medium space 	<ol style="list-style-type: none"> 1. The participants form a circle, arms length away from each other. 2. One designated person is in the middle. I like to time my middle person for 1 - 2 minutes. 3. The person in the middle will point a player around the circle. The person who is pointed at will squat down. 4. The two players adjacent to the one who is pointed at will then point at each other. 5. When someone messes up, they are to leave the circle, do say 5 jumping jacks and then join into a new spot around the circle. 6. The goal is to try and get the middle person to get going really fast so they can count how many people they got "out" during their time in the middle. Then I switch out the middle person for a new round. 	~ 10 minutes

Blind fold – tell player what to do
 Mascot Handshake