



YOU SHOULD
STAY!

SPORT'S TEAM BUILDING ACTIVITIES



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YOU SHOULD
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TAKE THE SHOES



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N° PARTECIPANTS 20

OBJECTIVES



- unify the team
- overcome the differences
- change the routine
- make them to see how they are stronger together
- make them understand that they are not bad if they have weekness

MATERIALS REQUIRED



- different shirts
- blind fold
- strings
- a sport field

RULES



- To form the teams start in a circle with the eyes closed: ask participants to make a step forward if they relate with the sentence.
- we ask everyone to put their shoes in the middle of the field
- we have 4 teams
- one shoe at time
- if your partner doesn't have the shoes, you don't have the shoes
- you can't take your own shoes
- the activity ends when everybody have their shoes back

FEEDBACK



- How did you feel?
- What was your struggle?
- How did they manage to end the game?
- How was it to depend on other people?
- See now how teamwork is essential.
- How was the idea to help others so you can get help?

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THE CONFORT ZONE



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N° PARTECIPANTS 10/20

OBJECTIVES



- team buildings
- speaking about themselves
- go out the comfort zone

MATERIALS REQUIRED



- a ball
- a hula-hoop

RULES



- 1st round: you shout out something you are scared of
- 2nd round: you shout something you don't like about yourself
- 3rd round: you shout something you are good at
- 4th round: you shout something you love
- 5th round: you shout something about someone else
- 6th round: you shout something that you want to learn
- 7th round: you shout something that your parents always tell you

FEEDBACK



- How do you feel after sharing?
speaking out
- Do you ever think about these things
during the day?
- Did you pay attention to what the
others said?
- What will you remember of this
activity?

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THE BALL OF TRUST



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N° PARTECIPANTS 20+

OBJECTIVES



- create a bound between the players
- make players feel comfortable about their problems
- let participants know that not only them facing this issues

MATERIALS REQUIRED



- ball/frisbee

RULES



- 1st step: players make a circle
- 2nd step: each of them has a ball
- 3rd step: the first participant says his/her issue and then throws in the middle and then everyone who also has this problem throws the ball in the middle and tries to catch the ball of the co-player
- 4th step: discussion of the common issues and why it's okay to feel like this

FEEDBACK



After the activity, participants will understand that they are not alone and will find a way how to accept themselves as they are

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CONCERT



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N° PARTECIPANTS 10+

OBJECTIVES



- Building trust among the group participants

RULES



- 3 rows are formed on the floor sitting together as close as possible
- extended arms upwards
- one will have to run towards the whole group and jump to be transported to the end of the group.

FEEDBACK



Circle time and talk about what happened during the activity.

MATERIALS REQUIRED



- Just your hands!

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QUESTIONS IN A ROW



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N° PARTECIPANTS ∞

OBJECTIVES



- Team building increase.

MATERIALS REQUIRED



- nothing :)

RULES



ask some questions like:

- McDonald's or Burger King?
- Spiderman or Batman?
- Have you ever met a Sports trainer who inspired you? yes or not
- Did you use to feel the sense of group in a sports environment?
- During your adolescence did you feel comfortable practising sports?
- During your adolescence did you like your body? yes or not

FEEDBACK



- did you enjoy the activity which part of the activity you liked the most?
- did you feel comfortable responding to each question?
- which question was the most uncomfortable for you?
- who is the person who would like to know better after this activity?
- why did you choose batman? ;)