

TEAMBUILDING ACTIVITIES



ETA356, Inc.
Excellence Thru Athletics

OUR TEAM IS LIKE A HAND

GOAL

Help athletes see the similarities of the working parts of a team with the fingers on a person's hand.

NUMBERS

No limit.

EQUIPMENT

None.

SPACE

Any available space

SAFETY

N/A.

GAME PLAN

This activity will reinforce the importance of individuals on a team working together. Begin this activity by showing athletes your hand, or encourage them to look at one of their own hands. Explain to them that a cohesive team is like a person's hand. To function well, a hand needs all four fingers and a thumb. Using each finger you can make an analogy to the way you feel the team should function and how teammates should treat each other. Show them your little finger first. Ask team members what they see and think of as you hold your little finger out by itself away from the rest of the fingers. By itself, it is vulnerable and is often injured. It needs the other fingers to provide stability. And it is also a vital finger because very few skills in any sport can be accomplished without the little finger. This is an appropriate analogy for the smaller or less visible roles on the team and their importance to the overall success of the team. Show them the ring finger next and ask them to think about what the ring on a finger means. This will provide an excellent opportunity to discuss the importance of everyone's total commitment to the team's goals and vision. Show them the middle finger next. You will almost certainly get laughter or snickering from your athletes, but remind them that this finger represents put-downs and disrespect for others. Showing this finger will serve as an important reminder that your team cannot afford put-downs and disrespect among teammates. There must be a sense of respect and appreciation for everyone on the team. Show your team your index finger by pointing somewhere out in front of you. This is a symbol that your team must always be focused on where it is going. It is important to learn from the past, but vital that the team always has a vision and is continually moving forward and improving. Show them your thumb with a "thumbs-up." This can represent the importance of teammates encouraging each other and an overall positive environment on the team.

WRAP-UP

*Can you see how the hand is similar to the components of a successful team?
What will each of you do to make sure "our hand" is strong?*

"MAKE IT A GREAT DAY +1"