

TEAMBUILDING ACTIVITIES



ETA356, Inc.
Excellence Thru Athletics

101 Teambuilding Activities

CHANGING ROLES

GOAL

Help athletes develop an appreciation for the roles their teammates play on the team.

NUMBERS

No limit.

EQUIPMENT

None.

SPACE

N/A.

SAFETY

Make sure athletes can safely participate in the sport in a different role than they assume during practice.

GAME PLAN

Sometimes athletes have little appreciation for other roles on a team because all of their focus is on their own plight and whether or not they are being treated fairly or adequately appreciated. This is an excellent activity to provide all athletes on your team with an appreciation for their teammates and the roles they play to help the team be successful. At some point (preferably during pre-season) have your athletes switch positions with someone else on the team during drills or a scrimmage. For example in basketball, have your post players play guard and vice versa. In baseball, have your pitchers play catcher and your catchers go to the mound and pitch. It will not take them long to have a better understanding of what it takes to play different positions.

WRAP-UP

What was it like to play a different position?

What surprised you most about playing that position?

How might you view that position differently after playing it?

Why is it important that we appreciate the roles our teammates play on this team?

"MAKE IT A GREAT DAY +1"