

Athletes As Leaders

AthletesAsLeaders.org

Preseason Session: Healthy Team Building Ideas

Before / During / After Practices

Team-led Expectations Chat

- Mid-Season Check In

Individual Awards / Recognition

Get To Know You Games

- Write questions on a ball and throw it around the circle.
Answer where thumb lands
- Pair up during stretching with a question to answer
- Find fun ways to mix up the team for drills

Personality Trait Discussion

- Athletes take a personality test and chat about the results

Fun Competitions

Outings / Events

Team Retreat

Ropes Course

Community Volunteering

Amazing Race / Scavenger Hunt

Karaoke

Bowling

Mini Golf

Laser Tag

Escape Room

Movie Night

Before / After Games

Team Dinners

- Intentional Seating to Mix Up the Team

Ice Cream Social

Pancake Breakfast

Positive Game Day Rituals

Team Buddies: Write Pump-Up Notes

Assigned Seats on the Bus

Bus Games

- Cards, Trivia, Charades

Other Ideas

Design Gear with Team Slogan

Guest Coach a Younger Team

Talent Shows

Yard Games

- Corn Hole, Ring Toss, Bocce, etc.

Fundraising

- Car Wash etc.

Group Decision Making

- Social Media Use in Season Chat
- Create Game Day Playlist

Alumni Game

Support a Different Team's Sporting Event Together

Create Posters for Locker Room

Team Study Groups & Homework Help