



Team-Building Basics for Coaches

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Overview of Team-Building Basics

- What a team-building activity is and isn't
- Why engaging in team-building activities can be helpful to a coach
- How a team-building activity should be conducted



The Potential Benefits to a Group of Performing Team-Building Activities

- Enable members of the group to get to know each other
- Facilitate the achievement of a particular goal or task
- Deal with change
- Recognize individual efforts and group achievements
- Spark creativity among the members of the group
- Identify creative ways to work together
- Help solve problems
- Enhance communication between group members
- Foster appreciation and support among the members for each other



How to Run a Successful Team-Building Activity

- Select an activity that's appropriate for the group
- Prepare for the activity
- Explain the activity to the group
- Make sure that everyone understands the activity
- Conduct the activity
- Debrief the activity
- Reinforce the “lessons” learned from the activity whenever possible to the group



How to Deal with Factors That Could Go Wrong in a Team-Building Activity

- Individual(s) don't want to participate
- Group members don't understand the directions for performing the activity
- Required materials for the activity break
- Sufficient supplies to conduct the activity aren't available
- Some members of the group get overly competitive while engaging in the activity
- Group members don't want to engage in the debriefing phase
- Someone dominates the debriefing
- The members of the group appear not to get what was wanted out of the activity



Desirable Features of a Team-Building Activity

- Appropriate for the group
- Fun/Interesting
- Time-efficient
- Easy to understand
- Easy to conduct
- Specific focused objective
- Minimal requirements for materials to conduct
- Practical



Examples of Team-Building Activity Areas That Coaches Can Address

- Communication
- Connecting
- Cooperation
- Coping
- Creativity
- Teamwork



As each bird flaps its wings, it creates uplift for the bird following. By flying in a "V" formation, the whole flock adds 71 percent greater flying range than if one bird flew alone.



People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the strength of one another.



Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.



If we have as much sense as geese, we will stay in formation with those who are ahead of where we want to go and be willing to accept their help as well as give ours to others.



When the lead goose gets tired, it rotates back into the formation and another goose flies at the point position.



It pays to take turns doing the hard tasks and sharing leadership.



The geese in formation honk from behind to encourage those up front to keep up their speed.



We need to make sure our honking from behind is encouraging, and not something else.



When a goose gets sick or wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again, or dies. Then they launch out on their own, with another formation, or they catch up with their flock.



If we have as much sense as geese do, we too, will stand by each other in difficult times as well as when we are strong.