

1. Fight To The Finish

- a. Split the team in half and do a series of relays, puzzles, pyramids, etc.
- b. Goal: Team unity inspired by healthy competition**

2. Face The Facts

- a. Have two circles (one facing in and one facing out) so that two people are staring at each other. You have to answer a series of questions: i.e. biggest fear, favorite food, best memory, etc. You have 30 seconds per question per person (one question per person), then rotate. At the end of the rotation, quiz people on what they learned about their teammates.
- b. Goal: Get to know your teammates**

3. Birthday Scramble

- a. Without talking, have the team try to arrange themselves in a line based on their birthdates.
- b. Goal: Refining communication skills**

4. Read Between The Linen

- a. Have a sheet separating the team in half. The coaches will hold up the sheet. You have one person from each team sitting in front of the sheet, and on the count of three, coaches drop the sheet. The first person to say the opposing teammates name, wins that round.
- b. Goal: Get to know your teammates**

5. on The Hunt

- a. Create a list of tasks. Split the team in two and have them race, using clues to complete the scavenger hunt. They must take a picture or have evidence of each round they complete.
- b. Goal: Team unity inspired by healthy competition**

6. Competition Season 101

- a. Split the team up into 2 panels of judges. Watch 8-10 videos from nationals on a big screen. Have each person judge on the scoresheet from that competition, giving 4-5 minutes per team. Coaches tabulate the scores, and the results. Compare each panel's results to the actual results, and then discuss. The panel who scored closest to the real results is the winner. Have an open discussion about the teams, what they learned, and the judging process after the exercise.
- b. Goal: Team bonding**

7. Guess Who?

- a. Each team member has an index card with the name of a famous dancer, movie star, cartoon character, or other placed on his/her back. The index cards are paired, so the object of the game is to find the match to your pair (i.e.: Tabitha on one person's back, and Napoleon on the other). However, you can only decipher who your person is by asking yes or no questions.
- b. **Goal: Refining communication skills**

8. No Strings Attached

- a. Split the team into 2. Have each team stand inside a circle formed by a tied string. Each team member should grasp the string with both hands at his/her waist. Then, have the coach pick a shape such as a triangle, figure eight, square, etc. to form without letting go. Repeat the game with eyes shut.
- b. **Goal: Team unity inspired by healthy competition/Refining communication skills**

9. Dance Team Olympics

- a. Split the team into groups of at least 3-4. At one practice each week, set aside time for challenges. One week can be a pirouette competition, a leg hold competition, or even push-ups. The winning team gains points. At the end of the year, the team with the most points wins a prize.
- b. **Goal: Team unity through healthy competition**

10. The Real MVP

- a. Select an item that can be passed around from member to member at each practice. This can be a stuffed animal, a craft, or something with meaning. At one practice a week, a member who has done an outstanding job gets chosen to take the item for a week. The person who awards the item must explain to the group what behavior or actions prompted them to gift it to that particular dancer.
- b. **Goal: Reinforcing positive behavior through recognition**

11. Hula-Hoopla

- a. Split the team into two groups. Both groups stand in a line, holding hands. The goal is to get everyone through the hula hoop. The group must go back to the beginning if they touch the hoop or disconnect. The first group to get through, wins.
- b. **Goal: Team unity through healthy competition/Improve strategic thinking and problem solving skills**

12. Balloon Boss

- a. Split the team into two groups, with everyone holding their arms behind their backs. The goal is to pass the balloon from one end of the line to the other and back without popping it, or utilizing arms or hands.

b. Goal: Improve strategic thinking and problem solving skills

13. 2 Truths and a Lie

- a. Have each member write down two truths and one lie about themselves. Teammates then have to decipher which are the truths and which are the lies.

b. Goal: Get to know your teammates

14. Throwback Thursday

- a. Have members bring old dance and competition videos to watch with each other. There is nothing funnier than watching someone's first jazz solo, hip-hop during an awkward stage, or those 8-minute long production numbers.

b. Goal: Team bonding

15. Slumber Party

- a. There is still nothing more fulfilling than a good ole slumber party, even in college. Get some food, watch some bad TV, and cuddle up for a night of laughs and learning.

b. Goal: Team bonding

16. Fitness Relay Race

- a. This is a fun way to turn a workout into an activity. Split members up and do an old-fashioned relay race. However, turn up the notch of this favorite activity by adding in fitness components - planks, squats, burpees, etc. Whichever team finishes the list of tasks first, wins.

b. Goal: Team unity through healthy competition

17. Goals

- a. Create a chart that lists each member's long and short term goals, as well as all team goals. Award a star for each goal accomplished. This will show accountability and it will be exciting for the team to have a visual representation of their progress.

b. Goal: Reinforcing positive behavior through recognition

TEAM BUILDING



18. All Aboard

- a. Take a rope or tarp, and have everyone fit inside the area. Then, fold the area in half, and ask the same thing. Do so until teammates are sitting on each others shoulders, holding each other in pyramids, etc. This can also serve as an innovative way to design new partner lifts and group builds.
- b. **Goal: Improve strategic thinking and problem solving skills/Refining communication skills**

19. What would You Do?

- a. Create a dance-team related scenario and have the head coach craft a solution to each scenario. Then, break the team off into groups, and have everyone share how they would solve it. It's good to realize that there are multiple ways to solve a problem, but also to see if the coach and the team's ideas are aligned. These can be funny, serious, or a mixture of both.
- b. **Goal: Improve strategic thinking and problem solving skills**

20. Pledge

- a. Start with an inspirational quote to repeat before or after each practice. Every time something funny happens in practice, add that thing to the pledge. Usually, each addition has some sort movement. By the end of the season, you will have a long, funny pledge full of great memories. Be sure to record it and keep all of the team pledges online.
- b. **Goal: Team bonding**

