CREATE A LEARNING ENVIRONMENT

1. Teach
2. Practice
3. Hold Accountable
4. Give Feedback

TEAM BUILDING

1. Championship Teams are Close Knit
2. How Do Teams Become Close
3. Conduct Exercises Early in Season
4. Competition is Encouraged

CREATE A WINNING CULTURE

1. Captains Meetings
2. Team Building Exercises
3. Game Day Rituals
4. Monthly Awards
5. Playoff Den/Shrine

COMPETITIVE EXERCISES

1. Name Game
   Supplies
   - name tag stickers, pen, stopwatch.
   - Coaches write a variety of celebrity names on name tags.
   - A team stands at the front of room facing a wall while the coach sticks a tag to each player’s back.
   - Each team is given one name from each category. For example: hockey, basketball, football, baseball, movie stars, pop/rock stars.
   - On coach’s start, players look to see the names on the backs of their teammates.
   - At this point, each player tries to guess the name on his back by asking questions of his teammates.
- The player can ask any question, but his teammates’ response can only be yes or no.
- Once a player has guessed who he is, he begins answering questions from his teammates.
- The team that guesses all of the names in the shortest time wins.

**Specific Example**
The name is Joe Sakic. Here is the possible questioning:

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Am I a man?</td>
<td>yes</td>
</tr>
<tr>
<td>Am I a movie star?</td>
<td>no</td>
</tr>
<tr>
<td>Am I an athlete?</td>
<td>yes</td>
</tr>
<tr>
<td>Am I a hockey player?</td>
<td>yes</td>
</tr>
<tr>
<td>Am I a forward?</td>
<td>yes</td>
</tr>
<tr>
<td>Do I play for Toronto?</td>
<td>no</td>
</tr>
<tr>
<td>Do I play for Colorado?</td>
<td>yes</td>
</tr>
<tr>
<td>Am I Joe Sakic?</td>
<td>yes</td>
</tr>
</tbody>
</table>

2. **WATER HOLD**

**Supplies**
- 30-gallon rubber garbage can, water/ice, stopwatch.

**Explanation**
- Players lie on their backs in a circle.
- Players’ heads are toward the outside and legs toward the inside of the circle.
- Legs and butts are tight together with feet up in the middle to form a pod/pedestal.
- Coaches lift a 30-gallon can filled with water/ice and place it on the team’s pedestal.
- The coaches balance the can for a few seconds until the team is ready.
- Players must balance the can using only their feet.
- Teams are timed until the can completely spills.
- If after five minutes the can has not spilled, players must take shoes and socks off while still holding up the can. While taking shoes and socks off, no one can touch the can with their hands.
- Once each player has taken off his shoes and socks, the team is finished.
- The team that survives the longest wins. If two or more teams reach the five minute limit, the team that gets their shoes and socks off the fastest wins.

3. **MILK CRATE**

**Supplies**
- Two heavy-duty milk crates, stopwatch, duct tape.

**Explanation**
- Team members must stand on a milk crate with all feet off the ground.
- If the teams have more than seven players, two crates should be
taped side to side and used to stand on.
- After all feet are off the ground, team members may use any method to balance including holding each other’s arms, shoulders and clothes.
- The team that stays on the crate the longest wins.

4. **EGG TOSS**

**Supplies**
4 dozen eggs, 3-4 ball caps.

**Explanation**
- This should be done outside on an open field.
- All teams go at once.
- Teams line up along side of and even with the other team.
- Each team member stands about twenty feet apart.
- Each team is given one dozen eggs.
- On a whistle each team takes one egg and throws the egg to the next teammate in line.
- The throws alternate from over the head backwards to under the legs (like hiking a football).
- The throws continue until the last player in line catches the egg and puts it in his ball cap.
- If an egg touches the ground at any time, it must be returned to the front of the line to start over.
- If an egg breaks, the team must start over with another egg.
- Only one egg can be thrown at a time until that egg is placed in the ball cap.
- The winning team is the team that gets six unbroken eggs in their ball cap in the shortest time.

5. **GESTURES**

**Supplies**
- Gestures board game purchased from a game store. This is a board game similar to charades.

**Explanation**
- Follow the rules of the board game.

6. **MARKER**

**Supplies**
- Sharpie marker, 5-6 hockey laces, blank paper.

**Explanation**
- Players must make as many x's on blank paper using the Sharpie marker and the laces.
- Players may only touch the sharpie at the beginning to tie the laces to the sharpie.
- Give each team two minutes to discuss their strategy prior to starting.
- Only one team should be in the room while doing the exercise so each team uses their own ideas.
- Once the laces are tied to the sharpie, the players must position their hands on the laces at least two feet from the sharpie.
- By working together the players must maneuver the sharpie using
the laces to form x's on the paper.
- Each team is given five minutes from the start to tie the laces and make as many x's as possible.

7. LAND MINES
Supplies
- 30 hockey pucks, blindfolds (hockey socks work), stopwatch
Explanation
- Form a mine field by placing pucks on the ground in an area of about 30' long by 15' wide.
- Place half the team on each end of the field with one blindfold on one player at each end of the mine field.
- One player at a time must make his way through the mines blindfolded with the aid his teammates’ directions.
- If a player touches one of the mines he must start over.
- Once a player makes it through the field without touching a mine, a player from the opposite side starts his way through.
- The team that gets all of its players through the mine field in the shortest time wins.

8. Balloon Train
Supplies
- Bag of large balloons.
Explanation
- Each player blows up one large balloon. Keep a few extra on hand in case a balloon breaks.
- Form a course that the train will follow. You can make it easy (an oval) or difficult (like a Grand Prix circuit).
- Players stand close together forming a train.
- Each player, except the first player who acts as a conductor, must have a balloon between himself and the player in front of him.
- Other than to place the balloon at the start, the players are not allowed to touch the balloon with their hands. They must hold the balloon up with their bodies.
- Once the balloons are in place the train must make its way through the course without dropping or breaking a balloon. If a balloon drops to the floor or breaks the train must go back to the start.
- The team through the course in the fastest time wins.

9. BUTT TEST
Supplies
- No supplies needed.
Explanation
- Teams must figure out how to sit on the floor without their butts actually touching the floor.
- The team that figures out the solution and executes it in the quickest time wins.
- One solutions is to sit in a circle on each others’ feet.
10. **SCAVENGER HUNT**  
**Supplies**  
- Depends on personal preference.  
**Explanation**  
- Form a list of a variety of things that each team will have to find.  
- Make it a timed event with a limit of 20 minutes.  
- Give a point value to each item with a higher point value towards the more difficult items and less points towards the obvious.  
- This is a good exercise to do in hotels while on long trips or in your own arena where you are more familiar with things.

11. **CORN MAZE**  
**Supplies**  
- A corn maze located in your area.  
**Explanation**  
- Hide a number of items in a corn maze.  
- Provide a map to each of the items.  
- All teams start at the same time.  
- The team that finds the items the quickest wins.

12. **GO KART RACING**  
**Supplies**  
- A go kart track, pen and paper.  
**Explanation**  
- The entire team goes go kart racing.  
- It is difficult to do this event for team points, but at many go kart tracks individual race times are available. Prizes can be awarded for the best drivers.

13. **BOWLING**  
**Supplies**  
- A bowling alley.  
**Explanation**  
- Teams are formed and points awarded for total pins.  
- Bowling is an excellent chance to players to relax and have fun among teammates.

**GAME DAY RITUALS**

1. **PRE-GAME DANCE**  
2. **PRE-GAME STARTING LINE UP**  
3. **POST GAME HARD HAT AWARD**  
4. **POST GAME WIN SONG**