



Purposeful Teambuilding

Objectives:

- To provide a framework for coaches and sport leaders to actively engage players in purposeful teambuilding through the season.
- To build strong teams and promote positive teamwork, on and off the ice.
- To promote strong self-awareness, sportsmanship and leadership in in young female players.

Background:

Many teams plan and participate in social activities and team building throughout the year. However, at times the activities, although fun, often result in players doing their own thing and regrouping at the end for some socializing. While beneficial and serving a different purpose, an opportunity exists to add more purposeful teambuilding activities that will help to form stronger team bonds more confident players.

This document is to serve as a guideline for coaches and parents to plan and engage players in activities throughout the season that will help build stronger players and teams. By adding some easy and timely activities, we strive to set coaches, teams and players up with a good team foundation that can be built on throughout the year. Coaches and team managers should introduce this concept at the first parents meeting and share these ideas. The more parents are engaged with this goal, the easier it will be to plan these activities.

This is intended to be a working document that can be updated annually as teams incorporate purposeful teambuilding into the season and share experiences and learnings.

Framework:

This framework is a guideline of the timing and types of activities that can be scheduled throughout the year, with suggestions of some specific activities that can be done with a minimum of cost and logistics. It is meant to be a guideline, but coaches and leaders are free to adapt to what will suit your team and players best.

This framework is divided into three sections; Ice Breaker, Teamwork Makes the Dream Work, and Ice Melter.



Ice Breaker

Objective:

- As teams are formed, many players come out of evaluations with mixed emotions or worry about what team they have been placed on, who they may know on the team, and who their coaches are. The season Ice Breaker should take place early and aim to get the players, and coaches, well acquainted and learn about each other. It can also be an opportunity to have the girls get up in front of their team to talk about themselves or a teammate. Include the coaches as well.

Venue:

- Pizza party, casual venue, house or community hall room rental, follow the Ice Breaker activity with games to get the players moving.

Options:

- Players can pair up and interview each other with a pre-set list of 'get to know you' questions. They can use the answers to write an introduction for the player they interviewed and present it to the team.
- Players can write an introduction about themselves, and something from each player's introduction and a picture of the player can be used for a trivia game at the end.
- Players can make a big life board about themselves and present to the team.



- Aim to have players and coaches answer or contribute something to answer some of the following questions about themselves:
 - Dream – what do you want to be when you grow up?
 - Family – who is your family, or who is important to you?
 - Friends – what does friendship look like to you?
 - Goal – what is your goal for the season?
 - Brave – what is something new you would like to try?Add anything you want, pictures or words that tell the team about things, ideas, people or activities you love.



Takeaway:

- Players will learn more about their teammates and coaches and hopefully find some common ground that will create and foster new friendships within the team.
- Provide a motivational keepsake for the year for each player on the team (template provided by GHC) that will include themes and learnings to address throughout the season. This should be created and changed by GHC on a year to year basis and a digital copy made available to all coaches and managers.



- The following themes could be incorporate into the poster and can include, but are not limited to:

Positive Attitude	Frustration	Mistakes	Failure
Kindness	Effort	Persistence	Self-care
Sportsmanship	Teamwork	Sportsmanship	Patience
Confidence	Learning	Stress	Self-discipline



Teamwork Makes the Dream Work

Objective:

- To provide events and opportunities throughout the season for the players to interact with purpose, start working together off the ice, build personal confidence, to start taking on leadership roles, and to give back to their communities. Have players engaged on the planning and celebrate the successes, failures and fun. Throughout these activities take time to discuss these themes with the players throughout the season, picking a few key ones to incorporate into each activity. Have coaches highlight their own thoughts and experiences (successes and failures) and encourage players to share theirs.

Venue:

- On the ice at practice during a water break, or in the dressing room after
- Gym or hall rental, room at a community center
- Outdoors (weather permitting)
- Team member or coach's house, possibly adding a potluck
- Activity specific venues
- At tournaments using hotel meeting rooms

Options:

The list of options is not meant to be prescriptive, nor is there a set minimum or maximum activities that can be done throughout the season. It is meant to be a list of ideas to get you started and work with your team to find out what your players like doing, and vary based on engagement, participation and success. These suggestions are meant to be inexpensive and it is recommended that you get many parents involved in the planning.

- Fall or winter scavenger hunt where teams work in small groups to solve clues and find items, with all players meeting up at the end for hot chocolate and snacks.
- Incorporate regular coach's corner talks where coaches take turns having a discussion with the players on various topics (above) and asking them to contribute their own examples and thoughts. This can be done in the first few minutes of a practice or in the dressing room immediately after a practice. Coaches can introduce a topic, explain what it means to him/her and then use a personal example and use leading questions to get the players engaged in the conversation.
- Run a superhero challenge for the girls. Assign each player one half of a superhero pair and put a nametag on their back with their superhero name. Players have to go around the room and can ask each player just one yes or no question about what superhero they are. The goal is to figure out which superhero you are, and find your matching partner. This could be done with any types of pairs – superheroes, food pairs, cartoon characters, or any combination of to make it more challenging. Simple internet searches will help you find options. This would be a great game to combine with a meal out at a tournament, or during the first parents meeting of the year.
- Ask players individually or in pairs take turns throughout the season planning and executing on a practice drill. Have players work towards explaining to the team why they think the drill is valuable and give examples of when those skills are important in a game.



- Create some on-ice challenges that make players work together to win. Examples include 4 way tug-of-war, puck tic-tac-toe, Giants, wizards & dwarves. Teams could keep the same groups all season and have an all season challenge.
- Challenge the players organize a minute to win it night where players or pairs pick, plan and run their Minute to Win It challenge. Minute to Win It are easy challenges using simple household items that teams can compete against each other to accomplish. Some simple examples include using a straw and suction to move smarties from one plate to the other, starting with a cookie on your forehead and trying to get it into your mouth without using your hands, cup stacking challenges – the internet has endless ideas to work with.
- Plan a volunteer day for players in their community. Engage the players by giving them options and then deciding as a team which option they want to do. (Calgary Food Bank, snow shoveling, visit a seniors center, writing cards to veterans, stockings for seniors, etc)
- Create a team an ice sculpture challenge by asking the parents to freeze various sizes and colors of ice cubes and blocks and form teams to work together create a masterpiece.
- Create design challenges for the player(s) to solve in small teams. Challenges like the egg drop or tallest tower can be done with a minimal of supplies (recycling items).
- Plan an outdoor winter Olympics day with the players engaged on planning specific events, encourage non-traditional winter events – incorporate hockey skills.
- Have the whole team try out a new sport that they might not be familiar with and will likely not be good at. (Archery, badminton, pickleball, team juggling, Frisbee golf)
- Locked or Escape Room challenges.
- Create a mystery box food challenge and have players work in teams to create and present (sell) their dish to the judges (coaches or parents).

Takeaway:

- From any of these activities, players should be able to identify one of the above themes from the Ice Breaker poster that they could identify with during the activity. The themes can be introduced prior to, or after, the activity, or coaches/facilitators can have the players self-identify after the activity.



Ice Melter

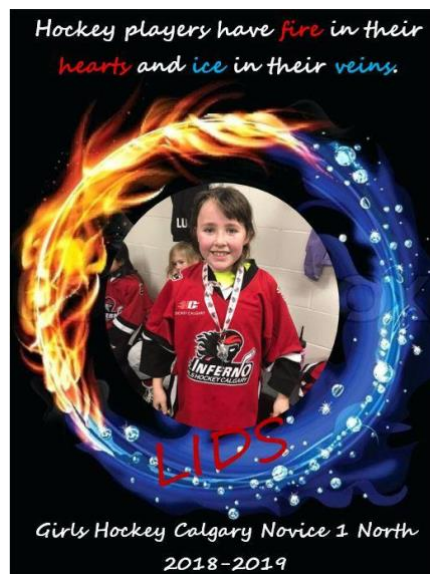
Objective:

- To enhance your end of season wind-up party, celebrating the season and the players. In addition to having fun celebrating the end of the season, incorporate some small and easy additions to highlight what the team and players accomplished throughout the season.

Options:

The list of options is not meant to be prescriptive, and other ideas are encouraged.

- Take heart and hustle pictures throughout the season and present each player with one at the end of the year.



- Have coaches divide up the players and say a few words about each player and how they grew or improved through the season, both on and off the ice.
- Have a parent or a few parents to take pictures throughout the season at games, practices, teambuilding activities, tournaments etc and have them put into a slide show for the wind-up. Depending on budget, the pictures can also be made into a photo book as a season keepsake.
- Designate each player with a fun award for the season.

Takeaway:

- Ending the season on a high note and celebrating the players and their hard work and growth through the season. Send the players off into the spring believing it was the best season they've ever had and somewhat sad that they have to wait until the fall for the next season to start.