

TEAM BONDING

Why is team bonding necessary?

For the team it....

- Brings the team together to work as one
- Builds communication skills
- Develops trust
- Helps them learn how to manage conflict
- Develops fun and efficiency
- Improve morale
- Improves training
- Teaches sportsmanship

For the coach it....

- Helps you understand cheerleaders' personalities
- Shows you the ones that are natural leaders
- Helps you develop leadership qualities in all your cheerleaders
- Helps you see how the team problem solves
- Helps you identify your team's strengths and weaknesses

Two most important facts to know when developing strong, successful teams:

- Coach sets the mood (atmosphere)
- Debrief each team bonding activity so that cheerleaders understand the purpose of the activity and how to apply it to their team's success.

Team bonding can be done at practice, before games, at competitions, camps and in the community. Take the time to add team bonding to your program and you will see a stronger, more unified and successful team.

Ideas include....

- Bonding Games – Handout included
- Team Challenges
- Character Building Scenarios – sportsmanship, trust,
- Buddy System – “Big Sis, Little Sis” – Veterans
- Secret Buddies
- Team Mantra/Song
- Team Theme
 - On the Road to Success
 - Above and Beyond
 - Jungle Fever (if you are Tigers, Lions, Wildcats etc.)
 - Building the Best
 - Reach for the Stars
 - Directing Our Way to Victory
 - On the Trail to Victory

The Best Never Rest
Reach for the Top
All Aboard the Wildcat Express
Mission Possible
Recipe for Success -Design a recipe scrapbook or a recipe memory box
Make It an Amazing Season – Team makes mazes to work through
Important Piece of the Puzzle – Make personalized puzzle pieces
Treasure Chest of Opportunities – Make treasure chests to store mementos.
Capture the Moment! Seize the Victory!
Keys to Success
Can Do
Give Yourself a Hand
Be H.E.R.O.E.S.: Hardworking, Enthusiastic, Responsible, Optimistic, Encouraging, Showmanship. All our deeds were captured in a comic book format to add a little fun to what we did!

- Team Dinners
- Team Outings
- Community Project/Service
- YES Book - “You’re Extra Special”
- Role Playing Games on “How to Handle Conflict” – OTFD

Observe - “O” is something you observed with your senses that anyone else can observe.
For example: I saw that you threw your chair across the room. (Not: I saw you got angry).

Think -“T” is a thought or opinion about what you observed.

For example: I thought you didn’t care.

Feeling -“F” is a feeling you had about what you observed.

For example: I felt sad (hurt, angry)

Desire -“D” is what you want (you desire).

For example: What I want is for us to be friends.