

## Who Are You? – Team Building



This short exercise is designed to provide each player an opportunity to identify characteristics about their team mates. It can provide a great way to enlighten players about how they are perceived by their peers.

Have the players jog slowly around a small area. While the players are jogging, the coach asks a question about the team. For example; who is the best leader? As soon as the coach asks the question, players must select one player by placing their hand on the player. The coach then totals up the votes.

### **In this exercise the questions are:**

Who is the strongest?

Who is the toughest player?

Who complains the most?

Who is always last?

Who is the funniest?

Who is the best dressed?

Make up your own questions and have fun with this exercise.