

Hands in a Circle – Team Building



Exercise Objectives:

This is a fun game to end your warm or even a cool down. Helps develop team chemistry and unity.

Field Preparation:

☆ Entire Group

Coaching Pointers:

This is a fun game to end your warm or even a warm down. Bring the team together to form a small circle. Have the players close their eyes and reach out and hold the players hands of a player opposite them. Then they open their eyes and try to unravel from the group without letting go of their partner's hands. This is a great team problem solving game.