

Facilitation Plan

Title: Bonding with the Boys - Becoming a Team

Leaders: Adam Lindeman

of participants: 22 teammates

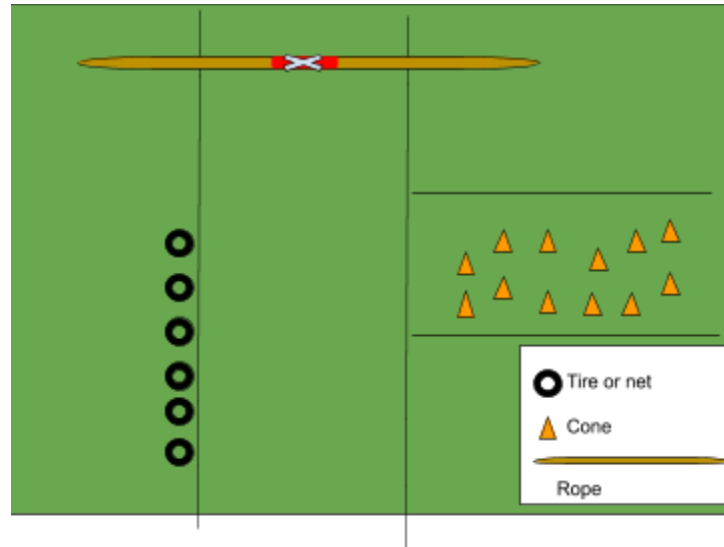
Ages: Junior hockey players 16-20 years old

Theme: "Miracle on Ice"

Ideal Location: Large, grassy, open field, weather permitting. Otherwise, a gym would work.

Equipment: 12 cones, 6 blindfolds, 6 large tractor tires (or hockey nets), flags or black tape to mark finish line and boundaries, one 20-ft rope, red tape, whistle.

Pre-Activity Diagram:



**Goal &
Objectives:**

1. Goal: Participants will begin to bond with each other as a cohesive team.
2. ABCD Objectives:
 - i. Given some pointers and suggestions, participants will use oral communication to work effectively with their partner to navigate a series of obstacles.
 - ii. Given teammates, participants will learn how to effectively work together as a team to beat other teams in a variety of competitions.

**Risk
Management
Concerns:**

Physical Risks: Muscle, joint, or back injuries; rope burns, trips, falls, collision possibility

Mental risks: Frustration, anxiety, touch or proximity issues

Mitigation Strategies:

1. A mandatory team stretch is built in as the first activity of the facilitation. Effective stretching will loosen up the body and help to avoid many muscle and joint injuries.
2. Extra tape (not used in the activities) can be wrapped across the palms of participant hands to cushion against rope burns.
3. Participants should be required to wear appropriate footwear (tennis shoes, etc.) and keep laces securely tied.
4. Facilitation leader should remind participants of the goal of working together as a team. This reminder can be reiterated or restated as frustration or other issues arise between participants.

	Length	Facilitation Portion	Description	Leader Name
	2 mins	Facilitation Introduction	Good morning all. I'm Adam Lindeman, your USA Olympic hockey coach for the day. I want you to take a minute and look around at each other. You're strangers, unknown to each other, but you're also a team. The big game is coming up soon, and we need to prepare. The Soviets certainly are. They're strong and tough, but so are you. It's going to take a miracle to beat them, and that's exactly what we're going to give them. We're going to accomplish our own miracle on ice when we take them on. But if we want to skate with them, if we're going to stay with them, if we're going to shut them down, we need to function as a team. And we will! Because WE are the greatest hockey team in the world, and the Soviets won't know what hit them. You were meant to be here. This is your time. Now let's go out and take it!	Adam Lindeman

			- Paraphrased from <i>Miracle</i>	
	5 mins	Group Division	Instructions for facilitator to complete/set up prior to facilitation: None Script: (Blow whistle) OK, everyone gather around and take a knee. My first day of college, we were asked to look around and find someone with whom we thought we shared something similar. I found someone with the same color shirt. We are still very good friends today. I want you to find one other person with the same color shirt as you. If you are the only one wearing that color, please come up to me, and I will help assist you further. Once you have found your partner, each of you take a knee. Are there any questions? (pause) You may begin.	Adam Lindeman
	1 min	Transition	Now that you have all found a partner, it's time for us to start working together as a team. We're going to start with some partner stretches to loosen up our bodies and our comfort level with each other.	Adam Lindeman
	10 mins	Activity (Mountain Climber Team Stretch)	Name of activity: Mountain Climber Team Stretch Instructions for facilitator to complete/set up prior to facilitation: None Script: OK, now. Hold your arms out to the side and gather into a circle, arms length apart. Like this. (hold your arms out to the side and demonstrate the distance to stand away from the next person) (pause) How many of you stretch before you do some sort of physical activity? (pause) I'm a firm believer in stretching before any sort of physical activity because we need to be limber and agile. I promise you the Soviets will be, and we need to work together and be prepared to turn on a dime to keep ahead of them. So for this activity, the Mountain Climber Team Stretch, you and your partner will be doing a series of partner stretches to get you guys warmed up. For the first stretch, one partner will lay face down reaching their arms above their head. The other partner will then grab the hands of the partner lying face down and start to pull the hands upwards as if you were peeling your partner off the ground. You want to pull very gently until the partner being stretched tells you to hold, you will then hold for 15 seconds and release. You will repeat this 2 times and	Adam Lindeman

			then switch spots. Can I have a volunteer to help me demonstrate? (pause) For the second stretch, both participants will sit down with their legs straight out in front of them. The soles of your shoes should be touching the soles of your partner's shoes. You will lean forward and lock hands with each other. One partner will lean back while the other leans forward. Stretch until you reach discomfort but not pain. Hold for 15 seconds, then switch. You will do this 2 times each. Can I have a volunteer to help me demonstrate? (pause) Any questions? (pause) Great! Let's get started. Variation: If someone doesn't show up and there's an odd number of participants, one individual can stretch alone. Script: For the first stretch, lay on your stomach and do a pushup, leaving everything from your belly button down touching the ground. For the second stretch, sit with legs stretched out straight in front of you and reach for your toes. Let me show you how. (pause) Any questions? (pause) Ok, great. Go ahead and start stretching!	
	1 min	Transition	Now that you're limber and have connected with your partner, we're one step closer to taking on the Soviets. Next, we'll move on to improving our communication skills.	Adam Lindeman
	18 mins	Activity (Partner Tire and Obstacle Course Challenge)	Name of activity: Partner Tire and Obstacle Course Challenge Instructions for facilitator to complete/set up prior to facilitation: Use flags or black tape to mark the starting line on one side, and a finish line at least 25 feet away. Line up 6 tires on the starting line. On the other side of the space, safely away from the tire lines, use flags or black tape to mark boundary lines at least 15 feet apart and 15 feet long. Within those boundaries, set up 12 cones at least 4 feet apart in a wavy path throughout the space. Have 6 blindfolds ready to go.	

		Script: Communication both on and off the ice is essential. If we're going to beat the Soviets, we have to hone our communication skills so well that we think and move as one. We have two different activities today to help you build those skills. (Point to 6 groups) You six groups there, we're going to start you with the Partner Tire Challenge. You and your partner must flip this tire all the way to the finish line. Partners must stay on opposite sides of the tire. Other than that, you can use any means necessary to move the tire. The tire is heavy, and you will need to clearly communicate with each other to accomplish this task. Can I have a volunteer to help me demonstrate? (pause) (Point to the other 5 groups) The rest of you will start with the Obstacle Course Challenge. One partner will wear a blindfold and carry the other partner on his back. The partner being carried is the eyes and must direct his blindfolded partner which way to step to weave in and out of each cone. If you step out of bounds or fall off, you must start over from the beginning. Can I have a volunteer to help me demonstrate? (pause) When both groups are finished, we'll switch so that you all have the opportunity to participate in both activities.. Are there any questions? (pause) Ok, great. Let's line up and get started. Variation: If no tires are available, hockey nets may be used instead. The only change being made is that the net may not be dragged on the ground in any fashion. Script: (Point to 6 groups) You six groups there, we're going to start you with the Partner NetChallenge. You and your partner must maneuver this net all the way to the finish line. Partners must stay on opposite sides of the net. Other than that, you can use any means necessary to move the net, but you must not rest it or drag it on the ground in any way. The net is heavy, and you will need to clearly communicate with each other to accomplish this task. Can I have a volunteer to help me demonstrate? (pause)Are there any questions? (pause) Ok, great. Let's line up and get started.	
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1 min	Transition	Great job! Now that we've built some communication skills, let's practice working together as a single-minded team. We'll need those skills to get past the Soviets.	Adam Lindeman
10 mins	Activity (Team Tug of War)	Name of activity: Team Tug of War. Instructions for facilitator to complete/set up prior to facilitation: Wrap a strip of red tape around the exact middle of the rope. Mark an "x" with black tape on the ground and lay the piece of the rope with the red tape on top of the "x." Measure 2 feet from the "x" and lay a strip of black tape to mark one side of the neutral zone. Repeat the process on the other side of the "x." Script: Hockey is a war, and we are at war with the Soviets. You need to be able to go to battle with your teammates, work together as a team, and lay it all out there for your fellow warriors. We're going to practice that today with our Team Tug of War. We're going to start by splitting into two groups. Those of you who started the last activity with the obstacle course are on one team. The rest of you are on the other team, except for (point to the team who finished the tire challenge first) you. For you two, each of you pick a number between 1 and 10. (pause) Great! You (point to the individual who chose the lower number) chose the lower number, joining the obstacle course team. You (point to the other individual) are on the tire team. Let's line up. (pause). Ok, basic tug of war rules apply. There is a red piece of tape in the middle of the rope. There is 2 feet of neutral zone on each side of the red tape. Game is over when one team pulls the red tape in the middle of the rope completely past their side of the 4-foot neutral zone. Can I have a volunteer to help me demonstrate? (pause) Are there any questions? (pause) OK. (Blow Whistle) Begin! Variation: Team Red Rover Challenge Instructions for facilitator to complete/set up prior to facilitation: If the Obstacle Course Challenge has already been run, use the boundary lines already set up for that activity. If not, use flags or black tape to mark two lines at least 15 feet long and 15 feet apart.	Adam Lindeman

			Script: (Use same activity intro and team division technique as for the original activity, except substitute the name of this activity, “Team Red Rover Challenge,” in place of “Team Tug of War” in the activity intro.) Let’s line up. (pause). Ok, basic Red Rover rules apply. Each team will link hands tightly and spread out to form a barrier on their defending line. Teams will take turns yelling “Red Rover, Red Rover, send (insert name of one individual from the other team) over.” The person called will run toward the other team and attempt to break through the barrier where two players’ hands are joined. Do NOT tackle or attempt to break through the barrier by applying body-on-body contact! If the called player is successful in breaking through the barrier, the players on either side of where he broke through come over and join his team. If the called player is not successful in breaking through the barrier, then the called player joins the other team. The other team then calls a player, and the entire process repeats. Game is over when 10 minutes has elapsed (winner is whichever team has the most players on their line) or one team has now “captured” all other players. Can I have two volunteers to help me demonstrate? (pause) Are there any questions? (pause) OK. (Blow Whistle) Begin!	
	1 min	Transition	That was awesome! We started out today as strangers, and look at you now. You’re communicating and working together as a team. The Soviets don’t stand a chance. Let’s take a few minutes and talk about what we’ve learned.	Adam Lindeman
	8 mins	Debrief	Did everyone have fun? Great! 1. What was your favorite activity? 2. What made this activity your favorite? 3. Which activity was the most challenging for you? a. Why? 4. Tell me one thing you learned about team communication. 5. Why is being an effective communicator important when you’re part of a team? 6. What is one way you will use what you learned today in the upcoming season?	Adam Lindeman
	3 mins	Conclusion	Wow! What a day! You are all warriors! There are no winners or losers today because you have come together as a team, united as one. I am so impressed.	Adam Lindeman

			That is what makes our team superior to the Soviets, and it's that kind of teamwork that we'll show them on the ice. Today, you have come together, learned group communication skills, and built trust with your teammates. I hope you continue to exercise these skills everyday because if you do, nothing can stop you. This game is YOURS! Thanks for coming, and I hope you have a great day!	
	If needed	Back Pocket Activity (Partner Wheelbarrow Race)	Name of activity: Partner Wheelbarrow Race Instructions for facilitator to complete/set up prior to facilitation: If the Partner Tire Challenge has already been run, use the start and finish lines already set up for that activity. If not, use flags or black tape to mark the starting line on one side, and a finish line at least 25 feet away. Script: Ok, guys. Everyone on the line. The Soviets are conditioning and so are we. Today, we're going to use the Partner Wheelbarrow Race to help with our conditioning and team-building. One partner gets down on hands and knees. The other partner lifts up his partner's ankles making a "wheelbarrow." When I blow the whistle, race your "wheelbarrows" to the line on the other end, switch positions, and race back. Can I have a volunteer to help me demonstrate? (pause) Any questions? (pause) Ok, then. (Blow whistle) Go! Variation: Three-legged Race. Instructions for facilitator to complete/set up prior to facilitation: If the Partner Tire Challenge has already been run, use the start and finish lines already set up for that activity. If not, use flags or black tape to mark the starting line on one side, and a finish line at least 25 feet away. Script: Ok, guys. Everyone on the line. The Soviets are conditioning and so are we. Today, we're going to use the Three-Legged Race to help with our conditioning and team building. Stand next to your partner, both of you facing the same direction. Use the red tape to tape your inside legs together, making a single "third leg." When I blow the whistle, race to the far line, turn around, and race back. Can I have a volunteer to help me demonstrate? (pause)	Adam Lindeman

			Any questions? (pause) Ok, then. (Blow whistle) Go!	
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Resources: Ciardi, M., Gray, G., Greenbury, R., Greene, J., Mone, J., O'Connor, G. (Producer) & O'Connor, G. (Director). (2004). *Miracle* [Motion Picture]. United States: Walt Disney Pictures.