


TEAM DEVELOPMENT EXERCISES

Many activities can be used to develop skills in more than one area. The grid gives a quick reference and helps in selecting activities to work on the skills which you want to develop. Below and overleaf are brief descriptions of the activities.

	Collective Decisions	Trust / Co-operation	Influencing	Analysing Performance	Planning	Leadership	Time Management	Communication	Problem Solving	Working Under Pressure	Creative Thinking	Motivation
Bridge Building	•	•	•	•	•	•	•	•	•	•	•	•
Raft Building	•	•	•	•	•	•	•	•	•	•		•
Spiders Web	•	•	•	•		•		•	•		•	
Electric Fence	•	•		•	•	•		•	•	•		
Night Line	•	•		•		•		•				
Roller Ball	•			•			•	•			•	•
Photo Orienteering & Murder Mystery	•		•	•	•		•	•	•	•		•
Rail Tracks	•	•	•			•		•	•		•	
Stepping Stones	•				•		•	•	•		•	
A Frame Walk		•	•			•		•				•
Stretcher Carry		•	•			•	•	•				
Tyrolean Traverse					•	•	•	•		•		•
Postman's Walk		•			•		•	•		•		•
Trebuchet					•	•		•	•		•	



Bridge Building Challenge: 60 - 90 minutes

Using the equipment provided, teams have to create a structure that bridges the banks of the River Sence. The construction will need to take the weight of the whole team and meet a minimum level of safety. Planning and effective communication are vital to success.



Raft Racing: 90 minutes

The group will be divided into teams and given a range of equipment to build a raft. Once the raft is constructed the teams will be given a set amount of practise time before being pitted against each other in a race. A solid raft construction is the key to success!



Murder Mystery Photo Orienteering: 45 – 90 minutes

This activity is an Orienteering task that can be tackled in both small and large groups. The clues to a recent murder lie scattered around the Garlands Leisure site. Using the photographs provided, the teams must plan a strategy for finding them and then navigate the site to do so, before returning to their base to put all the clues together and solve the mystery. You will be working against the clock to find the murder before they get away!



Rollerball: 60 – 90 minutes

Rollerball requires the whole team to build a construction capable of transporting a ball from the start to finishing point. Larger teams may be divided to work in conjoined areas so cooperation and coordination are vital. Everyone needs to contribute to the overall team objective whilst ensuring their own sub team functions carefully.



Rail Tracks: 45 minutes

Both a problem solving and team work task, your group must negotiate a stretch of cordoned off area without touching the ground using only the equipment provided and each other for support.



Stepping Stones: 45 minutes

This is a problem solving task which involves the team having to cross a restricted area using the equipment allocated. Planning, strategy and team work are key elements to success in this task. A simple but effective brain teaser!



A Frame Walk: 45 minutes

Use the pioneering poles to build an 'A' Frame. Once constructed one of the braver members of the team must volunteer to stand in the 'A' Frame whilst the other member's co-ordinate a 'walking' pattern to get the 'A' Frame to the target. Success in this task covers a number of areas including construction, co-ordination and trust as well as physical ability.



Spiders Web: 45 minutes

With your whole team working as one, each member must pass through a separate hole of the spider's web. Once a hole has been used it cannot be used again, team-work as well as individual technique are vital.



Nightline: 45 minutes

Blindfolded teams follow a rope on an orienteering mission. At regular intervals the rope will divide into 3 and choices of direction have to be made. Along the way, the team collects items to complete the challenge.



Electric Fence: 45 minutes

The Team need to cross the electric fence without getting electrocuted using only the equipment provided. This is a real problem solving task with the answers not always as obvious as first thought. Work as a team to complete this exercise.



Stretcher Carry: 45 minutes

The aim is to transport the stretcher topped with a bucket of water carefully around the course. Everyone touching the stretcher is blindfolded and success is measured by the amount of water remaining in the container at the end. Effective communication between the sighted and non-sighted is vital.



Tyrolean Traverse: 45 minutes

Cross your team from one side of the pit to the other and back again with the aid of the high hanging wires. The task can be made even more challenging when the wires have to be constructed by the teams as well.

