

Team Chemistry

1. Team Activities

- Spending time as a team, out side of the practice feild
- Team Dinners
- Movies, not just in the theater, but at a home, watching sports specific movies,
I.e. When the game stands tall
Forever Strong
 - take things from the movie and make it apart of your teams activity this season
- have a team building activity the first week of practice, movie night, dinner out watching a sports game together.
- State Tournament team bonding, activities, (find something that your team loves and do it as a team the week before state)

2. Practices.

- In team bonding, most time is spent at practice, make the most of the time you have.
- Mix teams up, never allow them to have the same team all season long, (drills, passing, etc.)
- play fun games on days off, i.e. 3 goal game, ultimate frisbee, blind soccer,
 - we play fun games on the first day of practice, once teams are made
 - tackle duck duck goose
 - partner tag,
 - Cat and Mouse
- Running practices, enough though the players don't realize that its team bonding running practices are the best.
 - relay races,
 - seagulls (only at the end of the season)
 - long runs with the coaches

3. Find what works with your team and make it a TRADITION

- traditions can and will take your team further then you ever thought.

Some of our traditions, we have over 30, it's a girl thing.

1. Tryout run
- 2 . First practice
3. Secret sisters
4. First week dinner and team activity
5. Soup night at my house
6. Team dinners
7. Bracelet and movie night
8. seagulls
9. State dinner talks
10. State team dinner, What dose playing soccer mean to me.

