15 MINUTE TEAM BUILDING

DRILL SPECS:

Drill Theme: Warm Up
Field Location: Midfield
Time Needed: 15 Min

Drill Style: Warm Up
Field Position: Offense, Defense, Midfield, Goalies
Skill Level: Basic

OBJECTIVE:

Team building exercises can help your team and players work together to achieve a common goal, and come closer through the exercise.

DRILL DESCRIPTION:

Have your players line up or circle up and give them a series of static stretches that they can do, examples are below:

Standing Stretch Down, Legs Apart, Down to the Right, Down to the Left
Seated Right Leg out, Left Leg Out, Butterfly’s, etc.

SKILLS PRACTICED:

• Conditioning

VARIATIONS:

Add a fun factor to the team building.