

YMCA TEAM Works

Team Challenge Descriptions

All Aboard

(Primary Team Building Focus: Problem solving, Strategic Planning, Trust)

The goal is for the entire group to stand on two small platforms without touching the ground. Participants must exit the platforms on the opposite side from where they entered and in the reverse order.

Balloon Bop

(Primary Team Building Focus: Problem Solving, Effective Communication)

This challenge involves each team member receiving and blowing up a balloon. Then the group must keep all of the balloons off the floor for 2 full minutes. A few extra balloons are thrown in by the group leader during the time. While this activity sounds easy, it takes some out of the box thinking to complete.

Can Stack

(Primary Team Building Focus: Problem Solving, Effective Communications, Planning)

This challenging activity requires the team to use a special tool, that the entire team holds at the same time, to pick up different size cans and transport them to a different location. Only the tool can contact the cans, not anyone's hands. The group is challenged to build a tower as tall as possible with the cans.

Circle Maze

(Primary Team Building Focus: Effective Communications, Perseverance, Focus)

The Maze is a 3-foot diameter wooden circle with travel channels for rolling a small ball toward a target hole in the center of the circle. Some channels are dead ends with trap holes others lead to the center target hole. Along the outside circumference of the circle ropes are attached. Each individual holds on to the end of a rope as the team works together to roll a small ball from the start to the center target hole. If the ball goes into one of the trap holes or jumps over an edge, the ball goes back to the start. Successful teams work to do this in the quickest time possible, and/or may attempt having two balls to move through the maze simultaneously.

Cycle Time Puzzle

(Primary Team Building Focus: Problem solving, Strategic Planning, Effective Communications)

The goal is for the team to assemble a puzzle consisting of 14 wooden planks in less than 60 seconds without talking. The team is provided with a diagram of the completed puzzle. The first phase of the activity is a research and development phase where the group works to assemble the puzzle for the first time. The second phase encompasses the planning and evaluation of the process necessary to construct the puzzle. For each attempt in the second phase the team is given time for evaluation and problem solving with the goal being to maximize the team's ability to assemble the puzzle as quickly as possible.

Cone Heads

(Primary Team Building Focus: Group support, Planning, Persistence, Problem Solving)

To successfully reach the team goal of getting everyone across the room/field, players must walk with a cone balanced on their head. There are a few rules and obstacles the team must contend with along the way. To be successful, team members must work closely together to help one another get through this hilarious and fun challenge

Electric Grid

(Primary Team Building Focus: Trust, Planning, Cooperation, Support)

The team must travel together across a large square grid. Participants step into one-foot squares. Small bells are attached to the grid and if the grid moves and rings a bell the team goes back to the beginning. To successfully complete this challenge, team members must physically support one another.

Five-Object Pass

(Primary Team Building Focus: Goal Setting, Creativity, Effective Communication)

In this activity the group stands in a large circle and the group is split into 5 sections. Each section gets an object and the section members decide how and with what body part (i.e. hand, elbow, head, knees, etc.) they will pass that object around the whole group. Once each section has decided their passing method, the whole group discusses to make sure there are no overlapping methods. Once decided the group passes the object around in the method decided as fast as possible. When finished they decide if they can go faster and set a goal and make any changes needed.

Five-Pointed Star

(Primary Team Building Focus: Leadership, Creativity, Effective Communication)

Team members hold on to a long rope tied in a circle. The challenge is to form the rope into a perfect 5-pointed star without letting go (including the inside lines). This activity requires one or more team members to take a strong leadership role and the other participants to carefully follow directions. The team is encouraged to strive for excellence.

Five Rope Consensus

(Primary Team Building Focus: Consensus Building, Perspective, Leadership)

Five different color ropes, all the same length, are tied in individual circles. One rope loops through each of the other four ropes. The object of this initiative is for the group to identify the one rope that loops through the other four ropes. Group members may not touch the tangle of ropes. The team must come to a consensus as to which rope holds all the other ropes.

Frog on the Lily Pad (also known as the Corporate Maze)

(Primary Team Building Focus: Effective Communication, Evaluation, Planning)

The participants must navigate a grid from one side to the other without using verbal communication. There is one correct path to move across the grid. This is a trial and error learning experience. Each mistake is treated as a learning opportunity the first time it is made. Each time the same mistake is made again, it will cost the group some of the working capital with which they are endowed at the start of the activity. The team must create a communication system and rely on group knowledge and past experience.

Group Juggle

(Primary Team Building Focus: Problem Solving, Planning, Goal Setting)

The goal is to pass three objects from person to person in a specific order made by the group. There are two rules: 1. You must say the name of the person you are giving the object to and thank you to the person you received it from. 2. You must keep the same pattern. The group then sets a time goal of how quickly they can repeat the pattern. Once the initial goal has been reached then the group is challenged to continue to improve their time and set a new goal.

Gutter Ball

(Primary Team Building Focus: Perseverance, Conflict Resolution, Focus)

The team must move 4 or 5 objects (golf ball, marble, rubber egg, etc.) from point A to point B using only the small plastic gutters they were each given. This timed activity allows teams to devise a plan and then improve on it as they refine their skills strive for success. Clear communication and adaptability are essential to complete this challenge.

Peek-A-Who

(Primary Team Building Focus: Focus, ice breaker)

In this activity the group is split in half and a tarp is put up between the groups. Then each side sends a person up to the tarp and it is dropped. The first person to say the other's name gets that person for their side. Can also play as a charade version with the person at the tarp standing with their back to the tarp and the rest of their group uses charades to let them know who is on the other side.

Key Pad II

(Primary Team Building Focus: Problem Solving, Evaluation, Attention to Detail)

In this activity the group splits into four groups, each starting at opposite corners of a square with rubber spots in the middle. Each group must cross the square and exit at the corner diagonal to their starting point. The problem comes in that no one may exit from any of the four groups until everyone is inside the square. They must also watch that they do not lose any of the rubber spots by not keeping contact with them once they have been touched.

Key Punch

(Primary Team Building Focus: Effective Communications, Visualization, Planning, Evaluation)

The goal is for all the participants to touch a numbered set of markers in consecutive order in the quickest time possible. The first time the group tries the activity they need to make a plan without seeing what is entailed in the challenge. The activity is usually done three times so that evaluation can take place in order to improve the plan based on data gathered on each attempt. There are several rules the team must follow including only using verbal communication during planning sessions.

Mine Field

(Primary Team Building Focus: Trust, Effective Communications, Group Support)

One blindfolded participant is verbally guided through the playing area by one or more teammates who are standing outside the boundaries of the no-touch field. The

blindfolded participant can pick up certain objects in the minefield and some objects must not be touched. Participants take turns crossing the no-touch field.

Team Over the Line

(Primary Team Building Focus: Effective Communications, Persistence, Cooperation)

The goal for the group is simple, for everybody in the group to step over a line at exactly the same time. Believe me, it's not as easy as it sounds, and can be very frustrating. Sound, sight or both can be used to judge the correctness of the step. If the group does not succeed in everyone stepping over the line at the same time then they go back and try again.

Texas Lizard's Egg

(Primary Team Building Focus: Resource Management, Creativity, Planning)

The object is to pick up and move a bowling ball into a basket using ropes. Each participant may only use one hand during the entire activity. The bowling ball may not be dropped (there's a baby in there!). If it is dropped, toxins may be emitted and effect group members in the form of the inability to see or speak. This may also occur if someone touches his own rope, or someone else's, with more than one hand. By the way, don't even think of moving the nest, Mother Giant Texas Lizards are highly sensitive to the movement of their nests!

Leadership Development Course Descriptions

Grid

(Primary Team Building Focus: Trust, Planning, Cooperation, Support)

The team must travel together across a large square grid. Participants step into one-foot squares. Small bells are attached to the grid and if the grid moves and rings a bell the team goes back to the beginning. To successfully complete this challenge, team members must physically support one another.

Whale Watch

(Primary Team Building Focus: Problem Solving, Effective Communication, Creativity, Planning)

The challenge for this activity is to get the whale watch platform (giant teeter-totter) balanced and then to keep it balanced until the entire team is on the platform. This activity challenges the groups adaptability and their willingness to communicate with each other.

Islands

(Primary Team Building Focus: Problem Solving, Effective Communication, Planning)

This activity has three platforms with space between them. The group has two boards, neither of which is long enough to reach between platforms. They must come up with a plan to move their group from the first platform to the last, using the middle platform. This activity challenges the groups problem solving skills, perseverance, and their focus.

Beaver Creek Crossing

(Primary Team Building Focus: Problem Solving, Effective Communication, Planning, Support)

This challenge involves the group moving across an area using stumps with pre-cut slots in them and four boards to place in the slots. The group must do a lot of communicating and problem solving to finish this activity. It also takes a lot of support, physical and mental, to finish.

Swift Water Rescue

(Primary Team Building Focus: Problem Solving, Effective Communication, Planning)

This challenging activity requires the team to use a special tool, that the entire team holds at the same time, to pick up different size logs and move them into a center collection area. Only the tool can contact the logs, not anyone's hands, and they may not enter the center area where the logs are held.

Team Wall

(Primary Team Building Focus: Trust, Problem Solving, Planning)

This activity requires the group to work together to lift and pull the team members up and over the 12 foot wall. The group members who are not doing the lifting and pulling will be spotting and supporting the lifters and the teammate going over the wall.

Pirates Crossing

(Primary Team Building Focus: Trust, Goal Setting)

This element challenges each team member to move from one end of a rope X to the other. The rope X is suspended between two trees. While more of an individual challenge, this element includes a high level of trust in the rest of the group whom acts as spotters for the person traversing the X.