

123 Powerful & Practical Activities with No Equipment Required!

FIND SOME THING TO DO!

NO PROP ACTIVITIES

**FOR TRAINERS, TEACHERS, FACILITATORS, PRESENTERS, MANAGERS,
COUNSELORS, COACHES AND GROUP LEADERS OF ALL KINDS**

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The Easy as 1-2-3 Series From Teamwork & Teamplay

2-1 The Bobsled Team

When it comes to high performing teams, the four members of a bobsled team may be the best example ever. This activity explores that level of high performance and teamwork.

Begin with teams of four people standing in a line (like a train), hands on the shoulders of the person in front of you. Then introduce the following three commands:

Change - the person at the front of the bobsled team moves to the rear of the same bobsled.

Switch - team member two trades places with team member four.

Rotate - everyone individually turns 180 degrees.

In round one, invite teams to listen and follow your commands. Then give teams two minutes to practice the change, switch and rotate commands on their own.

In round two, stack more commands together (change-change-switch-rotate).

In round three (the final round) add one more command (**Loose Caboose** - where

everyone scatters and must quickly become part of a new bobsled team of four).

I first learned a variation of this activity from Sam Sikes and Chris Cavert. Two friends that I am indeed lucky to have.

