01 Name & Assist

TIME	5 min
PLAYERS	6-20
GEAR	1 soft ball
SKILL	Names and awareness

HOW TO PLAY

In a circle, a player calls a teammate by name and sends a gentle pass. The receiver thanks the passer by name, then involves someone who has not yet had a turn. Complete two all-player rounds.

COACH'S QUESTION
Who helped you feel included?

02 Three-Word Huddle

NEW COACHING FORMAT

TIME	5 min
PLAYERS	4-20
GEAR	None
SKILL	Shared identity

HOW TO PLAY

In groups of four or five, invent a three-word description of the team you want to be. Everyone supplies at least one word or reason. Each group announces its phrase; vote for one word to practice today.

COACH'S QUESTION
What does our chosen word look like in action?

03 High-Five Map

NEW COACHING FORMAT

TIME	5 min
PLAYERS	6-24
GEAR	4 cones
SKILL	Welcoming teammates

HOW TO PLAY

Mark four corners: encouragement, hustle, listening, and creativity. Players walk to the quality they most appreciate. Pair up with somebody in a different corner and share a specific way to show both traits.

COACH'S QUESTION
Which strength can we borrow from others?

04 One Thing in Common

TIME	5 min
PLAYERS	6-24
GEAR	None
SKILL	Personal connection

HOW TO PLAY

Make pairs, preferably with unfamiliar teammates. Give each pair 60 seconds to discover one interest unrelated to sports. Rotate partners twice. Challenge each player to introduce one teammate and the shared interest.

COACH'S QUESTION
What surprised you about a teammate?

05 Compliment Relay

TIME 5 min
PLAYERS 6-20
GEAR None
SKILL Positive recognition

HOW TO PLAY

Stand in a circle. Each player offers the next player a specific effort-based compliment, such as "You kept trying after that miss." Continue until every player has both given and received one.

COACH'S QUESTION
Why do specific compliments matter?

06 Sideline Signal

NEW COACHING FORMAT

TIME 5 min
PLAYERS 6-20
GEAR None
SKILL Nonverbal communication

HOW TO PLAY

Pairs invent a silent signal for "I am open," "I need help," or "nice effort." Combine pairs into fours and test whether teammates can decode the signals. Allow adaptations for mobility and hearing needs.

COACH'S QUESTION
When are silent cues useful in a game?

07 Two Truths & a Team Wish

TIME 5 min
PLAYERS 4-20
GEAR None
SKILL Getting acquainted

HOW TO PLAY

Each athlete shares two true facts about themselves and one hope for the season. Teammates guess which statement is the wish, then the player explains. Use groups of four on large teams.

COACH'S QUESTION
How can we help make a wish happen?

08 Captain for 60 Seconds

NEW COACHING FORMAT

TIME 5 min
PLAYERS 6-20
GEAR Timer
SKILL Shared leadership

HOW TO PLAY

Rotate a one-minute leader who chooses an easy team stretch, chant, or warm-up movement. Nobody leads twice until everybody willing has a turn. Allow a co-captain or verbal-only role.

COACH'S QUESTION
What makes a leader easy to follow?

09 Quiet Lineup

TIME	5 min
PLAYERS	6-20
GEAR	None
SKILL	Observation and patience

HOW TO PLAY

Without talking, players arrange themselves by birthday month or first-name alphabetical order. Check the order; if incorrect, let them try once more using gestures. Do not rank by sensitive personal traits.

COACH'S QUESTION
Who made space for another person?

10 Find Your Echo

NEW COACHING FORMAT

TIME	5 min
PLAYERS	8-24
GEAR	Prompt cards optional
SKILL	Active listening

HOW TO PLAY

In pairs, A explains their favorite way to be encouraged. B repeats the idea accurately before sharing their own. Switch roles, then rotate pairs once. No advice or teasing allowed.

COACH'S QUESTION
What did your partner actually ask for?

11 Reverse Introductions

NEW COACHING FORMAT

TIME	5 min
PLAYERS	6-20
GEAR	None
SKILL	Listening and empathy

HOW TO PLAY

Pairs trade first names, favorite positions, and something they are learning. Each then introduces the other in first person: "I am Jordan and I am working on passing." The partner can kindly correct details.

COACH'S QUESTION
What helps us understand a teammate?

12 One-Word Reset

NEW COACHING FORMAT

TIME	5 min
PLAYERS	4-24
GEAR	None
SKILL	Emotional regulation

HOW TO PLAY

Ask players to choose a reset word: "next," "together," "steady," or their own. Everyone explains the word in one sentence. Practice using the word after an imaginary missed shot or dropped pass.

COACH'S QUESTION
How should we respond after mistakes?

13 Four-Pass Rescue

NEW COACHING FORMAT

TIME	10 min
PLAYERS	8-20
GEAR	1 ball, cones
SKILL	Inclusion and timing

HOW TO PLAY

Make teams of four or five. To reach the target zone, complete four passes involving four different players; no scoring attempt counts otherwise. Restart after a dropped ball without blaming anyone.

COACH'S QUESTION

Did we move to help the passer?

14 The Missing Voice

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-20
GEAR	Cones, 1 ball
SKILL	Inclusive planning

HOW TO PLAY

Give a small group a simple route or passing puzzle. After one attempt, pause: each player offers one suggestion, with quiet players invited first and passing allowed. Retry using at least two ideas.

COACH'S QUESTION

Whose idea changed the plan?

15 Silent Shape

TIME	10 min
PLAYERS	6-20
GEAR	Rope or cones optional
SKILL	Nonverbal cooperation

HOW TO PLAY

Challenge groups to form a rectangle, triangle, or letter shape without speaking. On ice use spaced cones instead of holding ropes. Compare how they coordinated.

COACH'S QUESTION

What signals were clearest?

16 Copycat Coach

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-18
GEAR	Cones, balls optional
SKILL	Clear instruction

HOW TO PLAY

In trios, an "architect" sees a simple cone pattern, then describes it without pointing. A "coach" relays the instructions and a "builder" recreates it. Rotate roles.

COACH'S QUESTION

Where did the message become unclear?

17 Mission: Everyone Touches

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-24
GEAR	1-2 sport balls
SKILL	Awareness and support

HOW TO PLAY

Groups move a ball from start to finish, ensuring every person touches or safely directs it once. Repeat with less time or more distance, but no racing that sacrifices control.

COACH'S QUESTION

Who made the difficult touch easier?

18 Puzzle Piece Huddle

TIME	10 min
PLAYERS	6-20
GEAR	Paper puzzle pieces
SKILL	Shared problem solving

HOW TO PLAY

Give each small group pieces from a simple image or team motto, with a few pieces distributed to other groups. Teams must ask and trade respectfully to complete theirs.

COACH'S QUESTION

Who asked a useful question?

19 Back-to-Back Builder

TIME	10 min
PLAYERS	6-20
GEAR	Blocks or cups
SKILL	Precise communication

HOW TO PLAY

Partners sit or stand back-to-back. One describes a model of stacked cups; the other recreates it without looking. Compare, switch roles, and try again.

COACH'S QUESTION

What instructions improved on round two?

20 Traffic-Light Timeout

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-20
GEAR	Red/yellow/green cards
SKILL	Decision making

HOW TO PLAY

Call out a game situation. Players show green (keep going), yellow (slow and communicate), or red (stop and reorganize). Small groups explain different choices before a redo.

COACH'S QUESTION

When do we need a quick reset?

21 Three-Call Attack

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-20
GEAR	Ball, cones
SKILL	Communication under pressure

HOW TO PLAY

Play a low-contact possession game. Before a scoring attempt, the group must use three distinct useful calls: name, direction, and support. Award the point for purposeful communication, not loudness.

COACH'S QUESTION

Which call helped most?

22 Plan B Relay

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-24
GEAR	Cones, ball
SKILL	Adaptability

HOW TO PLAY

Teams solve an easy passing or movement course. Halfway through, coach removes one route or changes a rule. Teams get 30 seconds to redesign the approach and finish safely.

COACH'S QUESTION

Who stayed flexible after the change?

23 Coach-Free Minute

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-20
GEAR	Sport ball optional
SKILL	Player leadership

HOW TO PLAY

Players set a simple goal, then practice or play a 60-second stretch without coach directions. Debrief: who noticed a problem and helped? Retry with roles shared more evenly.

COACH'S QUESTION

What did the team solve itself?

24 Huddle Translator

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-20
GEAR	Prompt slips
SKILL	Specific feedback

HOW TO PLAY

Give pairs vague phrases such as "try harder" or "communicate." Their task: rewrite each into a helpful action, such as "call a teammate by name." Share improved coaching language.

COACH'S QUESTION

What makes feedback actionable?

25 Locker-Room Draft

NEW COACHING FORMAT

TIME	8 min
PLAYERS	6-20
GEAR	Paper, pencils
SKILL	Appreciating different strengths

HOW TO PLAY

Each group drafts a fantasy team with six traits rather than famous players: patience, courage, humor, effort, kindness, focus. They must defend why every trait matters. No player ranking.

COACH'S QUESTION

Which trait is missing from our habits?

26 Paper Bridge Challenge

TIME	10 min
PLAYERS	4-20
GEAR	Paper, tape, coins
SKILL	Planning and collaboration

HOW TO PLAY

In groups of four, build a paper bridge spanning two books. Test it with coins; give a one-minute improvement round. Assign rotating builder, tester, recorder, and encourager roles.

COACH'S QUESTION

How did the second plan improve?

27 Postgame Headlines

NEW COACHING FORMAT

TIME	8 min
PLAYERS	4-20
GEAR	Index cards, pens
SKILL	Optimism and accountability

HOW TO PLAY

Small groups write a fictional next-game headline about a TEAM behavior, not a star: "Bench Energy Sparks Comeback." Add one practice action that could make it real.

COACH'S QUESTION

Which headline can we earn?

28 Teammate Bingo

TIME	10 min
PLAYERS	8-24
GEAR	Blank bingo sheets, pens
SKILL	Social connection

HOW TO PLAY

Players circulate to find teammates who match light prompts: "has a pet" or "likes to draw." Limit each name to two squares. Invite players to create inclusive prompts.

COACH'S QUESTION

Who did you learn something new about?

29 Playbook Telephone

NEW COACHING FORMAT

TIME	8 min
PLAYERS	6-20
GEAR	Paper, pencils
SKILL	Message accuracy

HOW TO PLAY

The first athlete studies a three-step play diagram for 20 seconds and describes it to the next. Pass instructions down a line and compare the last drawing. Repeat allowing one clarifying question each.

COACH'S QUESTION

Where did assumptions creep in?

30 The Mistake Museum

NEW COACHING FORMAT

TIME	8 min
PLAYERS	4-20
GEAR	Sticky notes, pens
SKILL	Learning from errors

HOW TO PLAY

Each player anonymously writes one ordinary sports mistake and one constructive response. Post notes on a wall and group similar responses. Never demand personal stories or identify writers.

COACH'S QUESTION

Which response helps someone try again?

31 Team Values Auction

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-20
GEAR	Value cards, tokens
SKILL	Negotiation and priorities

HOW TO PLAY

Give groups ten imaginary tokens to bid for values such as trust, preparation, fun, and respect. Every group explains choices, then everyone agrees on three team behaviors.

COACH'S QUESTION

What are we willing to practice?

32 Thank-You Film Reel

NEW COACHING FORMAT

TIME	8 min
PLAYERS	6-24
GEAR	Paper strips, pens
SKILL	Recognition

HOW TO PLAY

Players write one specific teammate action worth replaying in a highlight film. Read several anonymously; each group selects a behavior it wants in the next game.

COACH'S QUESTION

What actions deserve more spotlight?

33 Assist Wins

NEW COACHING FORMAT

TIME	10 min
PLAYERS	8-20
GEAR	Sport ball, cones
SKILL	Unselfish play

HOW TO PLAY

Run 3v3 or 4v4 possession. A score counts only after a different teammate sets it up with a pass or clear support action. Rotate roles and count assists, not individual scoring totals.

COACH'S QUESTION

Who created an opportunity for another?

34 Everyone Scores Relay

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-24
GEAR	Balls, targets
SKILL	Inclusion

HOW TO PLAY

Small groups complete an accuracy station. Each player must make one attempt before anyone goes again. Track combined successful attempts; allow closer targets or adapted throws.

COACH'S QUESTION

How did we support a struggling teammate?

35 Target Tower

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-20
GEAR	Cups, soft balls
SKILL	Role coordination

HOW TO PLAY

One group builds a cup tower while others aim soft balls at a separate target to earn building pieces. Roles rotate every two minutes; never throw toward people or the builders.

COACH'S QUESTION

Which role helped the group most?

36 Comeback Clock

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-20
GEAR	Timer, cones, ball
SKILL	Resilience

HOW TO PLAY

Begin a safe mini-game with one team trailing by two points. Both teams set a process goal, such as better spacing or three support calls. Repeat with roles switched; recognize smart adjustments.

COACH'S QUESTION

What changes after a setback?

37 No-Star Scrimmage

NEW COACHING FORMAT

TIME	10 min
PLAYERS	8-20
GEAR	Ball, cones
SKILL	Balanced participation

HOW TO PLAY

In a controlled small-sided game, no player can take a second shot or scoring chance until at least three teammates have had one. Keep the rule light and rotate sides.

COACH'S QUESTION
Who was more involved than usual?

38 Rotating Captain Cup

NEW COACHING FORMAT

TIME	10 min
PLAYERS	6-24
GEAR	Cones, 1 ball
SKILL	Shared leadership

HOW TO PLAY

Set three two-minute cooperative challenges. A different captain plans each round and must request input from two teammates. Score listening and inclusion alongside task completion.

COACH'S QUESTION
What did good captains ask?

39 Beat Your Best

TIME	10 min
PLAYERS	4-24
GEAR	Ball, timer
SKILL	Collective improvement

HOW TO PLAY

Set a team benchmark: consecutive passes, clean catches, or accurate targets. Allow two attempts and a quick planning huddle between them. Compete against the earlier score, not another child.

COACH'S QUESTION
Which adjustment helped?

40 Fair-Play Finale

NEW COACHING FORMAT

TIME	10 min
PLAYERS	8-24
GEAR	Ball, cones, scorecard
SKILL	Sportsmanship

HOW TO PLAY

Run a friendly mini-game with two scores: points and team habits. Give habit points for including quieter players, helping someone up, and owning mistakes. Debrief those points first.

COACH'S QUESTION
What did we win beyond the scoreboard?