

So now that we've covered the benefits of team building activities, let's go over the eight best team building activities for sports teams.

1. Weekend Getaway

Weekend getaways are always fun, especially when you throw in outdoors sports into the mix. Keep in mind that you don't have to go to an exotic location. You can look for fun sports related activities in your local area and book a weekend trip.

Make it fun by splitting your team into two or more groups and challenging them to see who will finish first or who will get the highest score. This allows the team to have fun, stay active, and enjoy a little friendly competition.

2. Scavenger Hunt

Come up with a list of fun things to do or missions to complete. Then, meetup with your team members in a suitable location such as your local park or the mall for a day or an evening of fun.

Your team members have to take photos of the things on the list (with them in the photo) or a selfie as they complete each mission.

3. This Or That

Challenge your team members to think creatively with this challenge. First, you'll want to come up with a disaster scenario. This can include being stranded on a desert island or saving the Earth from aliens, Will Smith style.

Then, divide your team into two groups and give each group 4 different objects. They have to describe how they will use the objects to get out of the sticky situation and save the day.

4. Mentor Together

Have your team members mentor young members of your community. They can mentor them in physical education or the sport you're playing as well as in other activities and subjects that they are good at.

This gives your team members an opportunity to spend time together as well as to give back to your community.

5. Game Night

Have a get-together in your house, coach's house or your team member's house. Order pizza or have each team member bring their signature dish, bring board games, and spend time together.

You can opt for a team member's favorite game or you can go through a variety of popular games that are both luck-based and skill-based. This can become a regular weekly or monthly activity, depending on your team members' schedule.

6. Weekly Stand Up Meetings On Skype

The activities we listed above are a great choice if you want to get together with your team members or if you want to go away for the weekend. But what happens when external circumstances don't allow for social gatherings?

You can, in fact, move your team building activities online. For example, you can organize weekly stand up meetings on Skype or Zoom. Simply schedule a regular time each week where you and your team members will get together on Zoom. You can chat about your week, share what you're doing to keep yourself occupied or simply discuss game strategy.

7. Weekly Quiz

Another fun team building activity that doesn't require getting together in person is a weekly quiz. All you have to do is come up with a few fun questions that can be used as ice-breakers and email each of your team members.

They send in their replies and then at the end of the week, host an online meeting where they have to guess how each team member replied to what question.

8. Remote Or Virtual Training Sessions

Just because you have to stay at home, that doesn't mean you have to be inactive. You can get creative and have training sessions via Skype or Zoom. Simple stretching exercises are easy to demonstrate and follow along and can be done in the comfort of your living room so there's no reason not to do it.