



Team Circle Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 3 to 5

Key Idea

Four Core Values

Description

Gather children into a circle. “This season we’ll talk about four qualities of a good person and teammate. Number one is *caring*. Can you tell me ways you show caring to others? Helping someone up when they fall? Good! Number two is *honesty*. What ways do you show honesty? How about if you tell someone if you played with their game or toy? That’s honesty. Number three is *respect*. Do you know what respect is? One thing that shows respect is listening to adults when they speak to you, like you’re doing now. Number four is *responsibility*. One way to show you’re responsible is to pick up after yourself. Don’t wait for others to pick up for you.” Ask them to share ways they show the four values in other areas of their lives. “Good teammates show these values to each other. We’ll talk more about these four values during the season.”

Key Idea

Responsibility

Description

Gather children into a group. “I want us all to pretend we’re eggs. Eggs have shells that can break. What would happen if we bumped into each other as eggs? Right. We would crack and break. Let’s move around the court being eggs. Don’t bump each other or we’ll break!” Continue this exercise for about one minute. “We were all careful not to bump each other so our ‘shells’ wouldn’t break! That was great! You were in charge of or ‘responsible’ for your moving. When we’re careful of each other, we’re responsible for our space and other players’ space. This shows responsibility during practice and games.”



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Key Idea

Honesty

Description

Gather children into a group near two cones about 10 feet apart. “Can you step out of bounds when you have the basketball? What if it’s an accident and nobody saw you? Those of you who think it’s okay to step out of bounds, stand by this cone. Those who think it’s not okay, stand by this one.” Wait for children to choose. Then ask them why they chose the cone they did. “Stepping out of bounds, even if it’s an accident, is against the rules. What should you do if it happens? Those of you who think you should just keep playing, stay at this cone; those of you who think you should tell the coach and give the ball to the other team, go stand by that cone.” Wait for everyone to finish choosing. “It’s important to be honest. If you step out of bounds with the ball, even if nobody sees it, tell the coach and give the ball to the other team.”

Key Idea

Caring

Description

Gather children into a circle. Stand in the middle of the group with a ball. Pass to each child and give him or her a turn to pass back to you. “I am going to pass the ball. If a pass comes to you, pass the ball back to me.” Work around the whole circle. Talk to the children about playing and learning when they come to practice. “Who had a turn to touch the ball?” Wait for their responses. “I made sure everyone had a chance to touch the ball. Raise your hand if it felt good to be able to have a turn. How would you have felt if you did not have a turn?” Listen to their responses. “We need to share the ball and take turns so everyone can learn and play. Sharing and taking turns show you care.”



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Ages: 3 to 5

Key Idea

Caring

Description

Gather children into a group about 10 feet from a basket. “Let’s pretend we’re playing a basketball game. Watch what I do with the ball.” Tell a child in the group you’re passing to him. Make a bad pass. “That pass wasn’t very good, was it? What would you say to me so that I don’t feel bad about the pass?” As children respond, have each player who makes a supportive comment try to make a basket. If players make unsupportive comments, encourage them to change their words to become more supportive; after they have changed the words, have each of them try to make a basket. “It’s very important to support your teammates, especially when they make mistakes. Saying something that makes someone feel good shows you care.”

Key Idea

Responsibility

Description

Gather children into a circle. You’re in the middle of the circle with a ball. You’ll try to dribble the ball out of the circle. The children will have two chances to keep the ball from escaping the circle. During one turn they’ll use minimal effort, and during the second they’ll use their maximum effort. “I am going to try to dribble the ball out of the circle. Everyone work together to keep the ball in the circle. Pretend that you are snails that can’t get to the ball fast enough.” Begin to dribble and try to get the ball out of the circle, reminding players that snails move slower. “This time move like busy bees that fly fast and keep moving.” Repeat activity, encouraging players to be “busy bees.” “When you try to be like busy bees, you’re being responsible to your teammates.”



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Ages: 3 to 5

Key Idea

Respect

Description

Gather children into a group. “I’m going to ask you some questions about things I notice on this team. Tell me if you agree. Do you try to learn new skills at practice? Do you work hard to improve your skills? Do you help your teammates? Do you follow directions? Do you feel good about yourselves when you play a good game?” Listen to responses following each question. “Think about players who will be your opponents. What qualities or things do they have or do? Are they the same as you?” Listen for yes or no. “It’s important to think of our opponents in the same way we think of ourselves. You respect yourself, and you should respect your opponents. They are a lot like you and are learning the same things.”

Key Idea

Responsibility

Description

Gather children into a group. Dump five to six balls out of a mesh ball bag, leaving them where they stop. “Pretend we just finished one activity in practice and we’re getting ready to do something else. Everyone walk away from the balls and make a group circle.” Pick up the balls, then go to the group. Dump balls out again. “Now come back and you pick up the balls, then go make a circle. Which way makes it faster for me to get to your circle?” Listen to their responses. “What do you think we should do with the balls?” Listen to their responses. Discuss picking up equipment before doing another activity. “We can have more fun and learn more when we work together. That is a shared responsibility between the coach and the players.”



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Ages: 3 to 5

Key Idea

Respect

Description

Gather children into a single-file line near two cones about 10 feet apart. “I am going to walk down the line two times. Remember how it feels each time I pass you.” Walk down the line and nod to each player. Repeat, but this time tell each player “great game” or “nice play today” and shake his or her hand. “Which time that I passed you made you feel better?” Ask children to stand near a cone that represents their choice. “Shaking hands and saying ‘good game’ are important traditions that show we appreciate our opponents’ efforts in a game. It shows respect for your opponents.” Divide team in half and have them practice an end of game “respect ritual.”

Key Idea

Keeping Perspective

Description

Gather children into a group near two cones about 10 feet apart. “What did you most enjoy learning about in basketball this season?” Listen to their responses. “Players who thought they tried their best to learn, stand by this cone. Players who think they had fun this season, stand by this one. Both of those are important. You should try your best and have fun no matter what happens during the season. The most important thing in basketball is to have fun playing with friends and to learn new skills. I think you all did that! Next year is another chance to have fun and make new friends!”