



15 Team-Building Games for Cheerleading Teams

Use these activities all year long to break the ice, build trust, and strengthen unity on your team. They work with middle school, high school, and college squads—whether you’re starting the season, preparing for a big game, or resetting team dynamics mid-year.



Ice Breakers (Quick & Easy Starters)

1. In Common

Sit in a circle. Each person shares something they have in common with another teammate. Builds quick connections and reminds athletes what unites them.

2. Get to Know You Bingo

Create a bingo card with fun prompts (e.g., “Has a pet cat,” “Loves scary movies”). Players mingle to find teammates who match. Limit 1 persons initials per card to encourage more interaction. Great first-week activity.

* 3. Lines & Blobs

Groups race to form ascending “Lines” (*by height, birthday, last name alphabetically, etc.*) or form “Blobs” (*by shoe type, hair color, grade level, age, snack preference*). This energizes the group and encourages natural conversations.

4. Two Truths and a Lie

Players share three statements about themselves, two true, one false, while teammates guess the lie. A classic with a fun, competitive twist.

Unity & Connection Games

* 5. Concentric Circles

Pair athletes in two circles—one inside, one outside. Rotate partners every 30–60 seconds and ask fun, open-ended questions one-on-one. It’s an easy, low-pressure way to build listening skills and friendships.
Examples: What's the best concert you've been to? • Favorite movie? • Favorite music artist?

6. Circle of Compliments

Sit in a circle. Each person says something positive about the person to their right. If time allows, reverse and compliment the person to their left. A simple but powerful morale booster.

7. Team Trivia

Create trivia questions about teammates, past performances, or school traditions. Promotes laughter and memory-making.

Unity & Connection Games (cont.)

* 8. **This or That**

On cue, everyone has five seconds to pick a side based on their choice, then share why. It's a quick, fun way to build confidence, spark conversation, and find common ground. **Examples:** Beyoncé Concert or Super Bowl • Football or Basketball • Rural or Urban Life • Aspen or Cancun Vacation

9. Shared Goals Poster

As a group, write down season goals (performance, sportsmanship, academics). Post it in your practice space as a daily reminder of your collective "why."



Problem-Solving Challenges

9. Human Knot

Everyone stands in a circle, grabbing hands with two different people. Without letting go, the team works together to untangle. Classic test of patience, communication, and teamwork.

10. Marshmallow Tower

In small groups, build the tallest freestanding tower using spaghetti, tape, string, and one marshmallow on top. Encourages creativity and problem-solving under pressure.

11. Turn Over a New Leaf

On a tarp or cloth "magic carpet," the team must flip it completely over without touching the ground. Requires coordination and group strategy.



Fun Bonding Activities

13. Theme Day at Practice

Pick a theme (neon day, twin day, crazy socks) and have everyone dress up. Builds tradition, lightens the mood, and gets great photos.

14. Scavenger Hunt

Divide into teams and give them a list of items or challenges to complete in a set time. Perfect for pre-season or summer bonding.

15. DIY Fashion Show

In small groups, use random supplies to create a five-minute "costume" for one teammate, then walk the runway. Silly, creative, and guaranteed laughs.

Bonus) Team Outing

Plan a fun event outside of practice—bowling, ice cream night, or a movie. Shared experiences deepen relationships out of uniform/off the mat.

* = Most Recommended



Coach's Notes

- Use these games **early in the year** to break the ice.
- Bring them back **before big games, Homecoming, or competitions** for a quick reset.
- Try them again **after holiday breaks** or **between seasons** to reconnect.
- Rotate leaders so athletes get comfortable stepping up.
- Keep it fun, short, and positive—10–15 minutes is plenty.
- Always debrief afterward: “*What did we learn about each other as a team?*”
- These activities are also great when you notice **cliques forming** or **tensions rising** during stressful times like Homecoming week, midterms, or finals. A little laughter and bonding can ease stress and pull the team back together.



Final Thoughts from Coach to Coach

After 30+ years of working with teams at every level, I can tell you this: cheer isn't just about stunts, pyramids, or clean routines—it's about people. The best squads I've seen weren't just talented, they were *connected*. That connection doesn't happen by accident. It's built through small, intentional moments like these—where teammates laugh together, support each other, and remember why they love being part of a team.

As coaches, we set the tone. A few minutes spent on team-building can shift the entire energy of your program. It can calm tensions, break down cliques, and give athletes the confidence to step up for one another—on and off the floor.



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