

Cross the Line

The purpose of this exercise is to get to know each other better, appreciate each other's stories, and become aware of similarities on the team. This strategy will also help you as a coach get to know your players on a deeper level and to discern things you wouldn't otherwise know about what has shaped their identity and value system.

Overview

All you need is a line (yard line, half-court line, chalk line etc.) and enough space to spread the team out along the line. Have all of the players line up on one side of the line. As a coach, ask a probing question or a statement that likely does NOT apply to everyone, and have everyone who it does apply to "cross the line." For example, the coach may say, *"If you have ever traveled outside of the country, cross the line."*

Those athletes who have traveled abroad should step across the line, and those who have not should stay put. After each statement or question, everyone should return to where they started.

After you complete the exercise, spend some time processing what they witnessed. What surprised them about their teammates? What did they learn? Does anyone want to make an explanation about why they crossed the line on a certain question? This simple exercise allows everyone to learn more about their teammates on a deeper level.

To download sample questions/statements for this exercise, [click here](#).

Check out [101 Teambuilding Activities: Ideas Every Coach Can Use to Enhance Teamwork, Communication and Trust](#) for more great team building strategies.

	"To" Strategies	"Through" Strategies
2nd Dimension		
Motivation		
Confidence		✓
Emotions		✓
Team Cohesion		
Goal Setting		
3rd Dimension		
Identity		✓
Character		✓
Significance		✓
Self-Worth		✓
Values		✓
Purpose		✓

*Because many 3D strategies have multiple level 2 & 3 implications, these checkmarks do not likely display their full scope of impact. We have tried to limit the number of checkmarks to the most obvious applications to make the planning process easier.

When will this strategy be executed?

☐ Pre-Season ☐ In-Season ☐ Post-Season ☐ Off-Season

Notes: