

Dear Coach Fantastic,



**My under 15 team have been training together for a number of months but now have a break in games and I would like do some other activities with them outside training, have you any suggestions?**

**(Mary, St Patrick's)**

Hi Mary

Activities outside training can really assist with building team cohesion and ensuring team work is a key element for your squad. There are many organised activities available from bowling to adventure centres through to attending events or matches. It is important that a team of that age is encouraged to have role models so it is a good idea to bring them along to some of the county games and, if possible, introduce them to the girls from the team. It will also be a beneficial bonding session. Many adventure centres offer a variety of activities for any age group with many of these aimed at team building. It is a good idea to price around for these as some activities can be expensive.

There are many activities that you can organise free or at minimal cost also. Team building activities should be age appropriate and there are many resources available with details in books or on websites. Many coaches use fund raisers as team building activities also so you could incorporate both. An example of this is a 'Kickathon' where all your team get sponsored to keep kicking footballs for a set time. They get to work together whilst also making money for the team.

If your club is near a mountain or the beach you could do some activity there also. This will be free and a great outing for the whole team. Training can be adapted to take place on the beach if necessary and provides the well earned break you are looking to give your girls and they will really enjoy their session in a different environment.

The most important thing to remember when organising activities outside training is to keep them fun. These are the ideal opportunities for your team to bond and meet each other outside of football activity.