

Protect Your Buddy Game



Objective of the Practice:

This team building exercise, emphasizes team strength in numbers with a circle game.

The group of players link arms to form a circle. One player is positioned outside the circle, they get 10 seconds to penetrate the circle.

The group must work together as a team to keep the player outside the circle.

Field Organization

- Practice Area: 10 x 10 Yards
- Equipment: No equipment needed.
- Skill Level: Intermediate to Advanced.
- Clipboard: Print for Practice