

THE 90+ PROJECT TEAM BONDING



Team Bonding:

This is an important part of 90+. It isn't just the team, it is also the families. Talking with your coach about how often and what kind of activities is really important. A team that plays well off the field plays even better on the field. Off field time creates stronger relationships, and better trust between players that then translates on to the field. The relationships/friendships you make with other players parents is also a great bonus of 90+. Learning how to support each player and encourage them on the field by knowing their family makes 90+ a very rich and exciting experience for both player and family. Ideas of things that have been done – potlucks at a persons home or in a park, meeting at a restaurant for meal, group hike and picnic, laser tag, miniature golf, footgolf, family nerf wars at 90+. Recognizing that cost can be hard for some and transportation as well trying to have a variety of opportunities allows for more to attend. Talk with your coach about any players that might need additional support from a financial or transportation perspective. We want to be inclusive to all.

Team Bonding Ideas

- Trampoline Park
- Laser Tag
- Bowling
- Family BBQ
- Meet at the park
- Kids vs. parents soccer game
- Pool parties
- Nerf War at 90+
- Pancake Party
- Family Kickball
- Pizza Party
- Spaghetti Feeds
- Capture the Flag at the park
- Escape Room(s)
- Christmas White Elephant Gift Exchange
- Volunteer –service projects