

# Human Knot



## Teamwork and Communication

**TIMING:** 12 – 17 mins  
**WHAT:** Movement Activity  
**WHEN:** Warm Up/Training Activity  
**WHO:** Teams (6+ people per team)

No matter how many times you perform the challenge, the task is equally tricky. This activity gives players an opportunity to work on their communication and teamwork skills.

**SET-UP AND GEAR**

- No gear necessary.
- An area large enough to accommodate players standing in small circles.

**ACTIVITY SUMMARY**

This activity involves players forming a circle, holding their teammates' hands, and untangling themselves without letting go of each other's hands.

**INTENDED OUTCOMES**

- Players work together and communicate with one another to untangle their knot.

## Activity Outline

2 mins (set-up)      The coach explains the activity, divides the players into teams (each team must have at least six people, and an even number of players) and reminds them that the goal of this activity is to develop their teamwork and communication skills.

2 mins      Each team should stand in a circle, facing each other.

**Create your Knot**

Each player should raise their right arm. They must hold the right hand of another player in their team. They can't hold hands with the players directly next to them. The players should repeat the same action with their left hand and make sure they are holding hands with a different person from their right hand.

## Extension Activity (CONTD.)

5-10 mins

### Untangle your Knot

The teams should make one move at a time. The players can step over, under, or through the linked hands – but they must not let go of each other's hands.

Each team can 'cut the rope'\* twice. (\*Cutting the rope - this allows two players to let go of each other's hands to complete one move. After this move, they must rejoin hands.)

To complete the challenge, teams must get as close as possible towards untying their knot. Sometimes it's impossible, or there may be two loops left in the circle. Teams can still complete the challenge if they can work out why they can't untie the human knot.

3 mins

Gather the players together at the end of the activity and ask them what they learned from this activity. The goal was for the players to work together and communicate to untangle the knot. Ask the players to identify:

- How did they work as a team?
- Did different people play different roles in their team?
- Did they encourage their team members to make sure everyone's ideas were heard?
- What would they do differently next time?

The game can be repeated if time allows to enable players to try again and implement what they learned from the first go!

## Tips & Tricks

- Add a timer (approx. 5 mins) to this exercise. Setting a timer adds additional pressure to the activity and requires players to stay focused and calm during the activity.

### PILLAR INSIGHTS

Through this activity, the communication and teamwork skills of the players will be tested. It is important to facilitate a discussion at the end of the activity so players can reflect on team dynamics and their own communication skills. Building self-awareness around how players communicate helps to foster an environment where every voice is heard.



#### SOCIAL

Communication and teamwork are important skills that create a strong foundation for a team. Positive interpersonal relationships between team members and a sense of team spirit are key factors in retaining young people in sport. It is important to take the time to actively foster and develop these relationships.