

# Creative Obstacle Course



## Warm-up & Check-in Activity

**TIMING:** 30 mins  
**WHAT:** Movement Activity  
**WHEN:** Training Activity  
**WHO:** Group

### ACTIVITY SUMMARY

This activity encourages players to reflect on the challenges or barriers they face when playing sport. The players discuss why they might sometimes find it hard to show up to training, matches etc. Following this discussion they create an obstacle course and physically overcome

those barriers. This creative activity is an opportunity for the team and their coach to have a better understanding of the challenges players face.

### SET-UP AND GEAR

- Use materials and objects nearby
- Bibs, cones, rope, bucket, balls etc.

### INTENDED OUTCOMES

- Players have the opportunity to be creative and have fun!
- Demonstrating to players that it's okay and normal to sometimes find it challenging to play sport.

## Extension Activity

2 mins  
(set-up)

The coach explains the activity and sets the challenge; players must firstly discuss the different barriers they sometimes face when playing sport and then create an obstacle course where they overcome those barriers.

5 mins

Divide your players into small groups (approximately 4-6 players in each group). Ask them to discuss the reasons why they sometimes find it hard to show up to play sport e.g. weather, low energy, homework, exams, no lift, no clean sports gear, friends dropping out etc.

Then ask one player from each group to feed back on what they discussed in their groups, e.g. 'I find it hard to come to training when the weather is bad'.

## Extension Activity (CONTD.)

10 mins

Next, the players must develop an obstacle course representing the different barriers they face. They can use any objects nearby (once it's safe) or they themselves can be part of the obstacle course. Depending on numbers you could divide players into groups of 3-4 and task them with developing one obstacle each (giving each group a specific barrier e.g. homework/weather etc.).

Different examples of ways you can use objects and bodies include:

- Rope on the ground to tight-rope walk on
- Cones to weave between
- Bags to jump over
- Two people holding a bib for others to limbo under
- Person to leapfrog over
- Something to crawl under
- Bucket to throw a ball into

The important thing is to encourage players to use their creativity to design the obstacle course. Each obstacle should represent a 'barrier' to playing sport i.e. bags might represent too much homework or forgotten gear, limbo obstacles might represent low energy etc.

5-10 mins

Players then take turns completing the obstacle course. You can add a competitive element to this if you wish by timing players as they complete the obstacle course.

## Tips & Tricks

- To add another layer to this activity, get the players to pair up with one player blindfolded with their partner helping them to navigate the obstacle course. This encourages communication and trust amongst teammates.

### PILLAR INSIGHTS

Articulating the different challenges young people face when playing sport helps them identify hidden barriers they might be experiencing. Often young people may not be able to pinpoint why they don't want to do something, they just know that they don't want to do it. This activity helps young people identify these challenges. By making these challenges into something physical, they can seem less difficult to overcome.



**PSYCHOLOGICAL - SOCIAL - BIOLOGICAL**

Finding the motivation to play sports can be challenging at any age. This activity gives players the opportunity to be creative and to name and overcome barriers to playing sport. The different barriers are often found across psychological, social and biological domains.