

# Finding Balance



## Interdependence

**TIMING:** 15-20 mins  
**WHAT:** Movement activity  
**WHEN:** Training activity  
**WHO:** Group

### SET-UP AND GEAR

- Lots of objects - whatever is available: balls, bibs, cones, beanbags, etc.
- Open space

### INTENDED OUTCOMES

- Players identify their individual strengths and work interdependently to successfully complete the challenge.

### ACTIVITY SUMMARY

This is a fun activity where players must work together to successfully complete the challenge.

## Activity Outline

2 mins  
(set-up)

The coach explains the activity and divides players into groups of four. Every team must nominate one person for each of the following challenges:

- Player 1: Balancing on one leg
- Player 2: Moving objects from A - B
- Player 3: Moving objects from B - C
- Player 4: Balancing on one leg

Teams should decide amongst themselves who will take on what challenge.

5 mins

Player 1 lines up on the start line beside player 2, who has a bag/bucket full of objects (bucket A) beside them. Place another bag/bucket (bucket B) at the midway point beside player 3, and another cone/bucket (bucket C) at the end line beside player 4.

On your whistle:

- Player 1 must balance on one leg.
- Player 2 must start moving objects one-by-one from bucket A to bucket B at the midway point.
- Player 3 must start moving objects one-by-one from bucket B to C.
- Player 4 must balance on one leg.

## Extension Activity (CONTD.)

(contd.) Players have 5 minutes to move as many objects as possible from bucket A to bucket B and then to bucket C - however, they may only do so if Player 1 and Player 2 maintain their balance. If their raised foot touches the ground, their team must stop moving objects immediately. The winning team is the team with the most amount of objects moved at the end of the 5 minutes or when all teams have stopped moving objects (whichever comes first).

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2 mins Once players have completed the activity, gather them together to find out how they got on.

- Did anything surprise them?
- Was it challenging or easy?
- What would they do differently?

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5-10 mins You can repeat this activity as many times as you wish. Give teams the opportunity to change roles within their team if they wish.

## Tips & Tricks

- This activity can be adapted to suit your sport. Players can be asked to complete different types of movements/challenges such as: dribbling or throwing balls between buckets, planking, squatting, etc.

### PILLAR INSIGHTS

Although developing individual skills is an important aspect of sport, working as a team and trusting one another is an equally important aspect. Teammates must rely on one another to complete their individual roles to the best of their ability, placing value on each contribution to the team.



### **SOCIAL**

To build trust and interdependence within a team, it is important to highlight to players that success relies on the contributions of others, recognising that everyone is working together to achieve the best possible outcome.