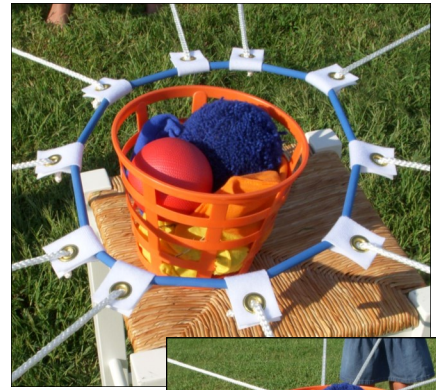
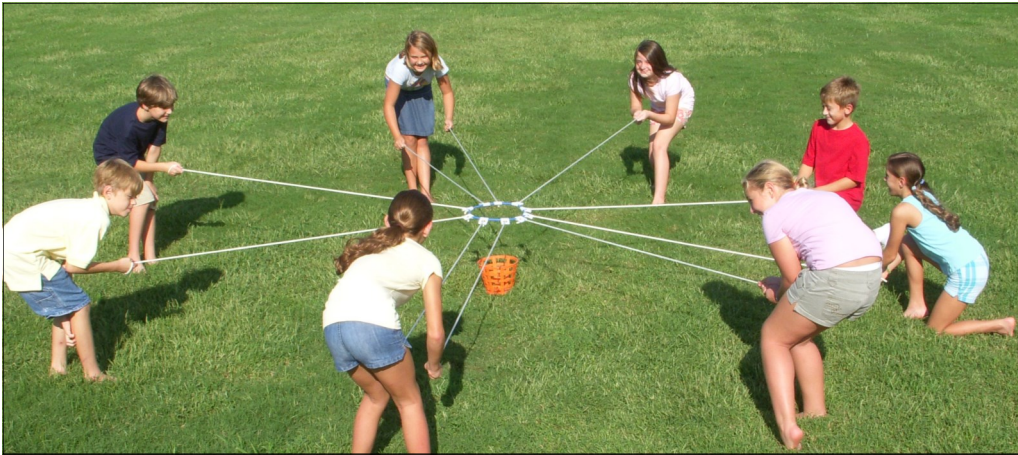
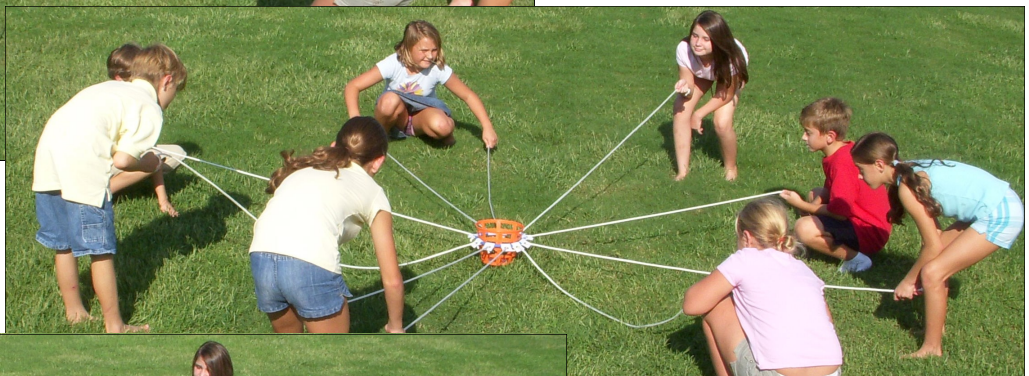
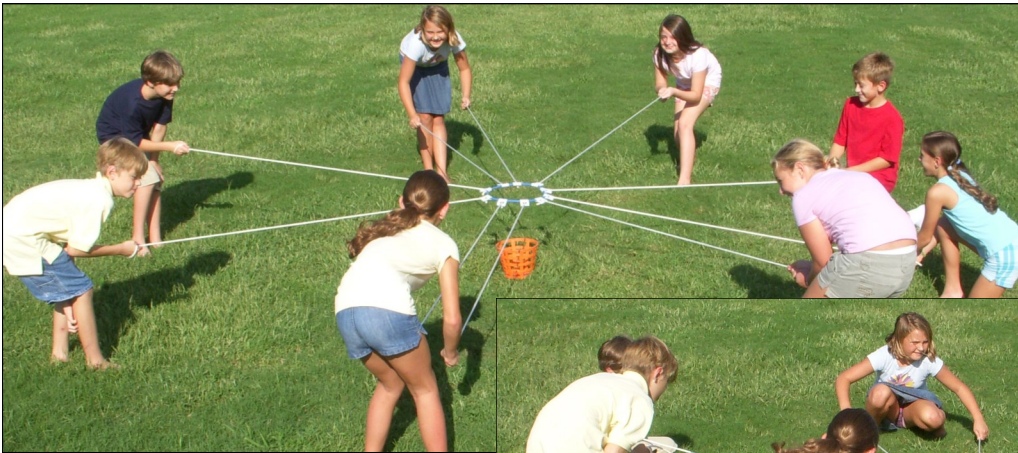


# TeamWeb™



Good communication and constant maneuvering and spacing gets your team in position around the pick-up object. Stretch the rubber ring at the center of the *Web* above a *Basket* or ball, lower it down and around the object, move toward each other so that the ring closes around the object and "squeezes" it. Now your team can lift it off the ground and move without dropping the items inside. Move to the next destination, place it down without tipping it over, and move away for the next group to pick up. Each *Web* has 10 each, 10 foot long nylon support ropes with Velcro tabs that secure to the rubber center-ring. Because the tabs are removable, you can play with 4 to 10 teammates—other models don't give this player flexibility.



# Cardio Team Building With TeamWebs™

Other products in this category tend to have the kids standing around or moving very slowly. The following challenges are meant to incorporate running, jumping, and spatial awareness with actual lifting and balancing of objects with the *TeamWeb*. The key is to **begin and end each challenge by running to the Web and/or pick-up objects**, or to involve teammates in **circular runs around the perimeter created by the outstretched Web**. This can best be accomplished by incorporating a "start" and "finish" line to each game challenge.

1.) **"Single Carry" Approach Run** - From a starting line, with one team member holding the *Web*, run to a basket sitting in the middle of a hoop. Place the *Web ring* outside the hoop and spread out the ropes (like spokes of a wheel). Players then pick their rope and begin to maneuver and pick up the basket. Either walk the basket back across the start/finish line, or place and release the basket on a stool or other location. Finally, hand the *Web* to a teammate and run back across the finish line. Each team can be timed or two teams can race next to each other.

**Communication Hint:** *How fast and efficiently the team accomplishes the task depends on-the-spot problem solving and communication. For example, what's the fastest way to spread out the Web ropes like spokes once the initial holder places the Web down next to the hoop? If there is poor cooperation and communication, this step will be chaotic...and, the Web cannot be lifted until all the ropes are stretched and spread out. The teacher can decide how much verbal help they wish to interject, since they teacher will have seen the various steps to a task down well and done poorly.*

2.) **"Two End" Approach Run** - Instead of one player carrying the *Web* on the approach run to the basket, two players hold ends of different ropes and stretch them out as they run, while the other teammates run behind the line the rope creates.

3.) **"Full Team" Approach Run** - All or most of the teammates hold and stretch out a rope. The teammates must spread out and communicate so that they don't bump into each other as they run to the pick up location and perform the pick-up challenge.

4.) **6 Basket Pick-Up** - Set 6 baskets in a horizontal line. Pick up the first one, and move and drop it on the second basket; then pick up the second basket. The "stack" begins to grow until all 6 baskets are picked up.

5.) **Circle Web Runs** - Once the *Web* is spread out on the ground and each player is standing by their rope end, require the team to run clockwise around the entire perimeter 3 times before picking up their rope end and beginning their challenge. Mix it in a backward run, "karaoke run", or other movement. *These "circle runs" movements can be added in all movement challenges as a great way to get the players' heart rates up before focusing on the task!*

6.) **Inside-The-Perimeter Circle Web Hops** - Mix other cardio circular movements before beginning the pick up task. Each team member can step inside the perimeter of a *Web* spread on the ground and hop over each rope,

7.) **Team "Fling" Toss** - With a ball resting on the center ring, players must make a count down to "lift" or "go" as they all swing their arms in sync to successfully get the ball flying upward. Each team gets 3 tosses, and which ever team gets the ball the highest wins. Or, players can situate the ball next to a large bin and make a gentle toss into the bin. The rubber center ring can also be "pinching" the ball before the fling. In this case, the players must not only lift their arms in unison, but must pull and stretch the ring to release the ball. Players will have to experiment and communicate, and through trial and error, accomplish the *Team "Fling" Toss*.

- 8.) **"Big Ball" Drop-and-Run** - Teams must lift and drop balls (or the baskets themselves) into a bin or net target. For example, place 6 balls or baskets 10 or more yards away from a bin. After each "lift-and-drop" the players must place they extended *Web* down and run around it once before picking up the *Web* and picking up the next object...a good example of incorporating circle runs and cardio benefits into a *Web* game.
- 9.) **Web Ball Roll** - Roll a ball along the ground by stretching the ring over the top of the ball without completely securing the ball...the object is to get the ring over the top 1/3 of the ball and "push-and release" the ball from one point to another, or into a goal.
- 10.) **Cone Hurdle "Step-Over"** - Set an *Ultimate Cone Crossbars* along the perimeter of the *Web*. Begin having the team rotate clockwise so that each member must step over the Crossbar without dropping the object inside the ring. A second option is to set multiple crossbars in a linear fashion, and require the team to step over the crossbar in front of them as the move to a designated spot.
- 11.) **Under Arch "Squeeze Through"** - Position a *Multi-Dome Arch-Gate* ahead of a moving *Web* Team. As they approach the *Arch*, they must "squeeze" together from their spread out formation to move under and through the *Arch* without dropping their object. Once under and through, they must restore the *Web* to its expanded position and move to the finish or next obstacle.
- 12.) **Floor Beam "Walk-Over"** - Position two foam floor balance beams parallel to each other and a width that, as two rope-holders walk over, their ropes will remain taut so that the object in the ring and in the middle of the beams won't be dropped. Cross the beams two-by-two until all 4, 6, 8, or 10 teammates are across. If the object is dropped, it must be picked up and the "crossing" must begin again.
- 13.) **"Web Bowling"** - Place a full set of bowling pins at different spots around the gym. Though the diameter of the center ring is too large to pick up the pins, the ring must be lowered down over each pin, and the pins must be knocked down one-by-one. Time the teams so that they are encouraged to run in between each pin.
- 14.) **Wand "Circle Run"** - Set up a set of 6 *Multi-Dome Wand-Post* at different locations.. Drop the center ring down over the *Wand*. Run in a circle so that everyone runs 360 degrees around without tipping over the wand. Then lift the center ring off the wand and run to the next *Wand & Dome* location.
- 15.) **Wand "Tip-Over"** - The *Web* team performs similarly to #13, but after the circular run is completed, they tip over the wand before moving to the next one. When all the wands are tipped over and the team runs to the finish line, the task is complete. This activity and #13 can also be done with a wand inside the top of a traffic cone.
- 16.) **Cone-Basket Lift** - Lift and upside-down basket off of a cone by stretching ring over, beyond, and below, then close ring, lift it up and place it over a neighboring cone. This is a delicate operation and will take soft touch because the ring will not be "pinching" the basket, but rather the basket will resting on top of and balancing on the ring. Maneuver the basket to a nearby cone and release it onto the cone.
- 17.) **Cone "Tip-and-Pick"** - Lower the center ring over a cone. First tip the cone over on its side using the center ring. Next, maneuver the ring all the way to the bottom "ledge" of the cone. This will require the holders to slide their hands much closer to where the rope meets the ring. Turn the cone upside down so that the ledge prevents the cone from slipping out; re-grip the rope ends, and move the cone to a "drop zone" where it is released.

18.) **Basket "Pour"** - Carry a basket filled with bean bag or balls and work the basket in a "pouring" position by having some rope holders lower their hands to the ground while others lift their ropes high and maneuver in front of the low-holders. The goal is to get one side of the basket edge moving above and over the opposite side so that the contents can be dumped into a bucket, bin or other container.

19.) **Basket "Toss & Fill"** - Run with the *Web* to a basket situated in the center of a hula hoop. Each teammate positioned around the hoop must toss a ball or bean bag into the basket before the Web is spread out, lifted and the basket is picked up. Note: one teammate may have to hold the base of the basket to prevent it from tipping while others are underhand tossing their object. Of course, usually only soft tossing objects.

20.) **"Shoe Box Stack"** - Layout two or three small boxes. Maneuver the center ring over a one box, lift it and stack and release it onto another box. Use boxes no larger than 14" long so that the ring won't collapse the sides.

21.) **"Through-the Worm Hole" Pass** - Angle the out stretched web to a vertical position instead of a horizontal one. To do this several rope holders will have to move their ropes to the ground, while others will have to hold their ropes directly above the positions of the ground holders. All holders will have to "choke up" and grab their ropes much nearer the center ring. Next, stretch the center ring enough for one teammate to hand off or pass a ball to a teammate on the other side of the ring. The team runs together to the next exchange spot, as different teammates become ball passers and rope holders. Designate 4-10 passing spots in between the start and finish lines.

