



ICCA shares Virtual ideas for team bonding via Zoom

**Virtual Scavenger hunts:**

Clothing search (you call an item and they have to show it)

Same with Household items (jar of spaghetti sauce, shampoo, sports item)

Other: show favorite pet, pillow, favorite mug

**Trivia:**

Questions on your schools history

Questions on Cheerleading Trivia/History

**Farkel:**

This has proven to be fun to watch athletes go for it!

**Chants:**

Divide athletes into groups of 3 or 4. Each group must come up with an original new chant.

You can set perimeters such as using our name, colors, defense, beat those\_\_\_\_\_

**Basketball Fast Quiz:**

You assign teams. Ask questions regarding the sport and they must answer. Tally scores keep track and award at some time (Basketball has foiled covered chocolate basketballs)

**On Time Bingo:**

Send Bingo cards ahead of time to Athletes. Play via Zoom. You can make cheer bingo cards

To personalize it.

**20 Questions:**

One person is given an identity. They are not aware of who they are. They must ask athletes yes/no questions to figure out who they are. (you can include some school athletes or teachers to make it more interesting).



### **Show and Tell:**

Something within reach to talk about for 2 minutes,

### **Who Da Baby:**

Each athlete sends in a baby photo. You make a composite board and athletes need to guess who is which baby photo.

### **Dance Party:**

Virtual dance to fun songs; Girls just want to have fun, Twist and shout, Footloose.

### **Virtual Healthy Challenges:**

Athletes are given tasks they must check off when completed. Ex. Drink 64 ounces of water a day, no greasy snacks, workout 30 minutes. Each week they need to turn list in.

### **Beat Box Harmony:**

First athlete starts with a sound, then others join in until everyone is making sounds.

### **Breaker:**

Make up a list with different things most likely. Have athletes fill in their guesses.

Most likely to make final round of American Idol, K popstar in past life, do pranks, become a superhero, go bungee jumping...

### **2 truths and 1 lie**

Each athlete tells 2 truths and 1 lie about themselves; team has to guess what is the lie.



**Pass:**

Create a video that shows one athlete passing something to next athlete and so on. Example first athlete pouring a glass of water, 2nd athlete gets water and continues to pour...

You can also pass an item such as pom, cheer shoe...

Please check back with ICCA for more idea!