Abstract

Conceptualized as a process intervention, team building strategies have been used in sport to enhance the cohesion or unity of a team through the development of task and social aspects. To date, team building has been utilized in various settings such as physical education classes, exercise settings, recreational sport, and elite sport. Team building interventions have demonstrated improved performance, increased adherence levels, and enhanced interpersonal relationships. This paper will provide an overview of research about team building in sport and will recommend future strategies to sport researchers and practitioners from across the globe who intend on implementing team building activities into their repertoire.

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Keywords: team building, team unity, cohesion, social, task, coach