

# TEAM BONDING AND COHESION ACTIVITIES



**Description:** Teams are made up of six players, with three members playing at any one time. The object of the game is to throw a ball past the opponents and into their net to score points. Players stay on their hands and knees to defend their net and score against their opponents. A goalball court measures 18 meters long and nine meters wide. It has goals at each end covering the entire nine-metre back-line. The string is taped to the markings on the court to allow players to feel the lines and orientate themselves. Goalball made its Paralympic debut in Toronto, Canada, in 1976, with the women's event being added at the 1984 Paralympic Games in New York, USA. The first World Championships for goalball were held in Vocklamarck, Austria, in 1978.

**Fun Fact:** It was invented in 1946 to help rehabilitate veterans who had lost their sight during the Second World War.

## Activity Flow:

Customizable upon confirmation.



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 - 20mins



Actual PLAY Time  
Appx. 60 - 120mins



Award Presentation & Closing  
Appx. 15 - 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

## GOALBALL "PARALYMPICS"



Fitness Level: Low - Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 - 3 Hours



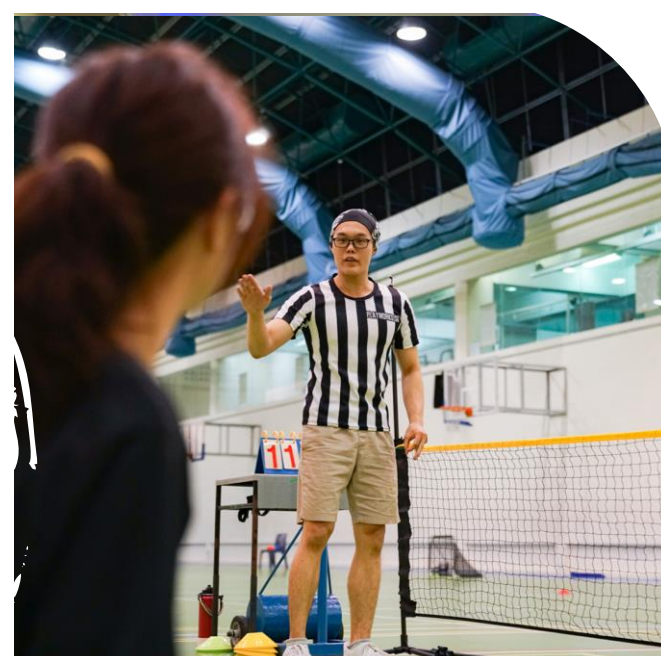
Location: Orchid Country Club OR  
Location of Your Choice

# TEAM BONDING AND COHESION ACTIVITIES

**Description:** **Sitting Volleyball** is a discipline of the sport in which athletes play in a seated position. The sitting game utilizes the same volleyball skills and techniques as the standing game with a few key rule differences. Players use both their arms and legs to move across the court, and it's a physical, fast-paced game. USA Volleyball is the official National Governing Body for sitting volleyball. Sitting volleyball has been part of the Paralympic Games since the men's competition debuted at the Arnhem Games in 1980. Each team is allowed to have up to three contacts with the ball before returning it to the opposing team's side of the court. Each match is the best of five sets, played to 25 points, but you have to win by two. If a fifth set is necessary, that set is played to 15 points, and again, you have to win by two.

**Fun Fact:** Sitting volleyball originated in the Netherlands in 1956 as a combination of volleyball and sitzball, a German sport with no net but seated players.

**Activity Flow:**  
Customizable upon confirmation.



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 - 20mins



Actual PLAY Time  
Appx. 60 - 120mins



Award Presentation & Closing  
Appx. 15 - 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

**SIT-VOLLEY  
"PARALYMPICS"**



Fitness Level: Low -  
Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 - 3 Hours



Location: Orchid Country Club OR  
Location of Your Choice

# TEAM BONDING AND COHESION ACTIVITIES



**Description:** Laser Warfare is more than just a shoot-out in infrared beams, be ready to plan, strategize, manoeuvre around the battle field and take your opponents out by surprise. With more than 8 different missions to choose from fight till your last bar of game-lives and defend your fort! There will be no physical contact throughout the activity! The game involves using infrared laser guns to "tag" opponents, with the goal of scoring points and winning the game. While it's often seen as just a fun activity for kids, laser tag actually offers a range of benefits that make it an excellent choice for people of all ages

**Fun Fact:** Laser Tag was invented by George Carter III, also the inventor of personal all-terrain water craft.

## Activity Flow:

Customizable upon confirmation.



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 -20mins



Actual PLAY Time  
Appx. 60 120mins



Award Presentation & Closing  
Appx. 15 – 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

# LASER WARFARE



Fitness Level: Low - Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 – 3 Hours



Location: Orchid Country Club OR  
Location of Your Choice

# TEAM BONDING AND COHESION ACTIVITIES

•**Description:** **Speed Dart Blasting** is by no means kids' play. Be engaged in a Blasting good time as you attempt to eliminate your opponents with the a wide variety of foam darts and balls blaster weapons you find within the arena. Enjoy the different missions in a safe, regulated and facilitated environment as you blast the foam darts away! Two teams will compete to gain the most points in a match by player tags and pressing the opposing team's buzzer, Teams consist of 5 players, with 2 additional alternate players, Each match consists of 3 rounds, Each round in a match will last no more than 3 minutes, Rounds will end when 3 minutes elapse, or by pressing the opposing team's buzzer and sounding the alarm.

**Fun Fact:** A high-performance speed-dart blaster used by professionals can fire up to 300 feet per second.

## Activity Flow:

Customizable upon confirmation.



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 -20mins



Actual PLAY Time  
Appx. 60 120mins



Award Presentation & Closing  
Appx. 15 – 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

## SPEED DART SHOOTOUT



Fitness Level: Low -  
Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 – 3 Hours



Location: Orchid Country Club OR  
Location of Your Choice

# TEAM BONDING AND COHESION ACTIVITIES

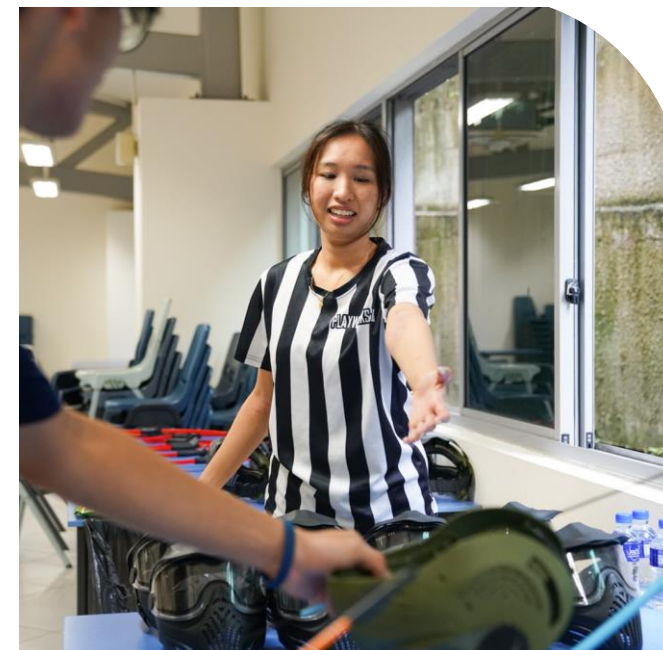


**Description:** Archery Battle is a player vs player physical shoot-out game designed to get you moving and your adrenaline flowing! This exciting, action-packed game comes with more than 5 game-plays offering an ultimate family-friendly experience that engages everyone 10 years and over. Worry not as our foam/suction tipped arrows are 100% safe and painless! A Match consists of 3 Periods. PERIOD - A Period is 8 minutes in length. Points are awarded for “hits” (1 point when you hit an opponent with an arrow) and “catches” (3 points when catching an opponents arrow in flight). When a player is hit with an arrow, they remain in the game and continue to play.

**Fun Fact:** The inventor of Archery Tag was inspired the blockbuster Hunger Games.

### Activity Flow:

Customizable upon confirmation.



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 -20mins



Actual PLAY Time  
Appx. 60 120mins



Award Presentation & Closing  
Appx. 15 – 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

## ARCHERY BATTLE



Fitness Level: Low - Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 – 3 Hours



Location: Orchid Country Club OR  
Location of Your Choice

# TEAM BONDING AND COHESION ACTIVITIES



**Description:** Think **Bubble Bump Soccer** all just about running around kicking balls in goofy suits? Think again. Running around with the bubble might not be as effortless as you think. It's about running around with the weight of the bubble, maintaining your balance, recovering from a fall and colliding with somebody that makes it effectively an arms, back, legs and core day all in one! You might just be able to lose a kilogram or two from a day of playing. Unlike most sports with little to no contact allowed, Bubble Soccer is a full-on contact sport. This makes it the best chance for you to tackle your opponents to the ground.

**Fun Fact:** In Norway, two best friends, Johan Golden and Henrik Elvestad, decided to experiment with something new and exciting, what started as a joke would grow to become one of the most loved and exciting sports in the world.

### Activity Flow:

Customizable upon confirmation.



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 - 20mins



Actual PLAY Time  
Appx. 60 - 120mins



Award Presentation & Closing  
Appx. 15 - 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

## BUBBLE BUMP SOCCER



Fitness Level: Low - Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 - 3 Hours



Location: Orchid Country Club OR  
Location of Your Choice

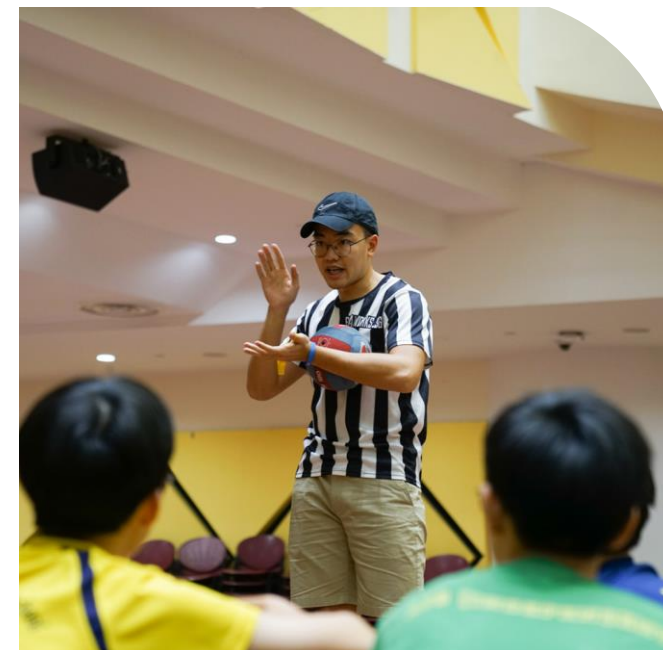
# TEAM BONDING AND COHESION ACTIVITIES



**Description:** Competitive Dodgeball is one of the largest growing ball sport in the world and awaiting its official placement in Olympic. The multi-role, team elimination ball game keeps all participants engaged. With our trained umpires and official competitive grade dodgeballs issued by the WDF (World Dodge ball Federation), get ready for great bonding fun! The World Dodgeball Association is the Official World Governing Body of Dodgeball, working as a not for profit social enterprise across 6 continents in partnership with 62 national federations delivering to over 70 million people worldwide. By 2024 we will be delivering across 70 nations to over 90 million participants.

**Fun Fact:** It is our hottest selling activity with 100% customer satisfactory rating since day one of business!

**Activity Flow:**  
Customizable upon confirmation.



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 - 20mins



Actual PLAY Time  
Appx. 60 120mins



Award Presentation & Closing  
Appx. 15 - 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

**WDA  
DODGEBALL**



Fitness Level: Low - Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 - 3 Hours



Location: Orchid Country Club OR  
Location of Your Choice

# TEAM BONDING AND COHESION ACTIVITIES



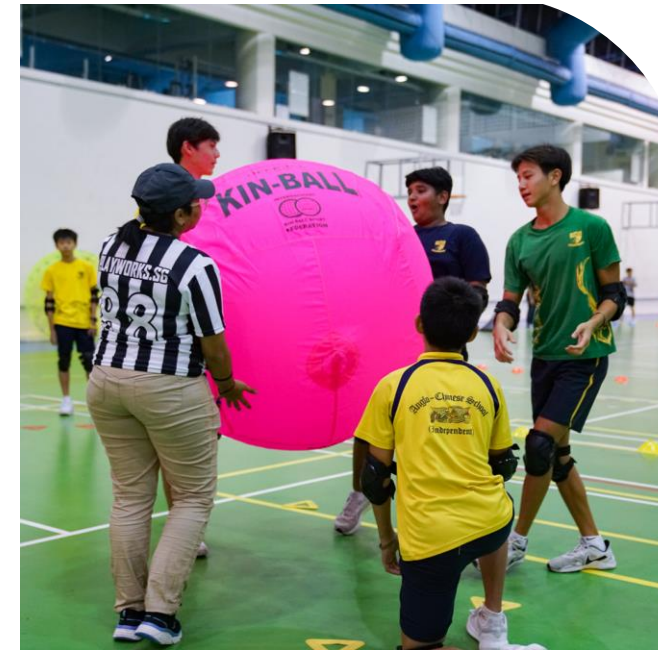
**Description:** Kin-Ball is a collective sport played by 3 different teams at the same time. Its goal is to throw the ball against one of the others teams and try that the ball hits the floor before that team can catch it. The goal of the game is very simple. Each team must try to catch and control the ball when the ball is served before it hits the floor. A match starts off with an offensive team calling out “OMNIKIN!” and then calling out the colour of another team. The ball is then hit inside the court with a body part above the hips. Players of the designated team have to catch the ball using any part of their body before it touches the floor. If the designated team is not able to catch and control the ball, a point will be given to the other two teams.

**Fun Fact:** KIN-BALL is the only organized cooperative sport in the world as all players must touch the ball during offense plays and all players must be involved during defence.

**Activity Flow:**  
Customizable upon confirmation.



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 -20mins



Actual PLAY Time  
Appx. 60 120mins



Award Presentation & Closing  
Appx. 15 – 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

## KIN-BALL STRIKER



Fitness Level: Low - Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 – 3 Hours



Location: Orchid Country Club OR Location of Your Choice



# TEAM BONDING AND COHESION ACTIVITIES



**Description:** Rolly Bowly is just like conventional bowling but with a twist! The specially curated Play cards have up to two levels, with a list of unorthodox bowling methods to spice things up. An inflatable dice will be provided, and the number that the dice lands on will determine the participants' bowling methods of release, which are stated on the respective Play Cards depending on the level the team is challenging. Teammates will have to work together, and in this case, bowl together for a perfect strike! Fret not as the programme is catered to participants of all ages, to create a level playing field & most uncompromised safety.

**Fun Fact:** There are plenty of FUN & FUNNY things about Rolly Bowly but not any fun facts. Trust us, we tried.

**Activity Flow:**  
Customizable upon confirmation.



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 - 20mins



Actual PLAY Time  
Appx. 60 - 120mins



Award Presentation & Closing  
Appx. 15 - 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

## ROLLY BOWLY



Fitness Level: Low - Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 - 3 Hours



Location: Orchid Country Club OR Location of Your Choice

# TEAM BONDING AND COHESION ACTIVITIES

**Description:** Ricochet is played between two sides either singles or doubles. One side plays with blue and black balls, the other side with red and yellow balls or green and brown vs. pink and white. The sides play alternate turns. Ricochet is a 26-point game played over a 2-hour minimum period. The object of the game is for each side to compete to make both of its balls score 12 hoop points and a peg point, a total of 26 points, before the other side. A side wins when it has scored maximum points or has scored more points than the other side when the games time has ended. A ball scores a hoop point by passing through the next hoop in the correct order of 1 to 12.

**Fun Fact:** The game of Ricochet Rumble was developed by a Singaporean and is gaining popularity in the region.

**Activity Flow:**  
Customizable upon confirmation.

**COMING SOON IN 2024 Q3**



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 -20mins



Actual PLAY Time  
Appx. 60 120mins



Award Presentation & Closing  
Appx. 15 – 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

**RICOCHE  
RUMBLE**



Fitness Level: Low -  
Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 – 3 Hours



Location: Orchid Country Club OR  
Location of Your Choice

# TEAM BONDING AND COHESION ACTIVITIES

**Description:** Hydro Strike Glow Battle is a challenging team sport that includes strategy, shooting, eliminating, maybe a little bit of pain, and of course unlimited fun. In this game, generally two (or you can higher the team numbers for more fun) different teams gather in a specially designated area and basically wage a war against each other. But of course, there are certain rules that everyone should strictly follow.

**Fun Fact:** The device was once banned in Singapore.

**Activity Flow:**  
Customizable upon confirmation.

**COMING SOON IN 2024 Q3**



Safety Briefing & Warm-Up  
Appx. 15 - 20mins



Demonstration & Tryouts  
Appx. 15 -20mins



Actual PLAY Time  
Appx. 60 120mins



Award Presentation & Closing  
Appx. 15 – 20 mins

**Services Include:** All Equipment & Prop Rental, Facilitation & Umpiring of games, First Aid & Sanitizing Stations.

**HYDROSTRIKE  
GLOW BATTLE**



Fitness Level: Low - Med



Min Pax: 20 Pax  
Max Pax: 300+ Pax



Duration: 2 – 3 Hours



Location: Orchid Country Club OR  
Location of Your Choice