

Team Building Through Sports

TEAMSPORTS

Program Name	TEAM BUILDING THROUGH SPORTS
About	A team building event that is based on an affordable, low impact and easy to learn sport that requires eye-hand coordination and allows communication and collaboration. A choice of either pickleball or table tennis
Objectives	<ul style="list-style-type: none"> Introducing new skills for a sport towards overall well-being and health Reinforcing skills for those already familiar with the sport Enhancing communication, collaboration and trust among team members Developing strategic thinking, quick decision-making and leadership at the workplace Bringing your team together in a fun and dynamic environment
Who should join	Suitable for all members of the group who are looking for an innovative option for team building; as the sports are easy to learn and open for all fitness levels.
Pre-requisites	Pickleball and table tennis are low-impact sports suitable for people of all ages with many elderly recreational players. However, participants with existing health conditions should consult their doctor before joining. Equipments are provided.
Module Content	<p>DAY 1</p> <p>Introduction to the sport and its rules The basic drills – Dinking/Volley/Serve/Return/Drive (for pickleball) The basic drills – Push/Serve/Return/Drive (for table tennis) Fun Short Games Mini Tournament Learning Reclub Mobile App & Closing</p>
Duration	4 hours (9am-1pm)
Certificates (Attendance / Professional / Competency)	<ul style="list-style-type: none"> Attendance Certificate: Team Building Through Sports
Issued by	Innovacia Sdn Bhd
Method (F2F/Online)	F2F (in a sports arena)
Your investment	RM300 / pax / HRD Corp Claimable applied tba (On-demand: min 8 pax, max 24 pax/class)

This is an innovative Team Building event by Innovacia. Since 2006, Innovacia serves professional and educational users with affordable technical products and services. Among the pioneers in Digital TVET, we fulfill your training needs by complementing it with our innovative ICT solutions.

Contact us today: info@innovacia.com.my / innovacia.com.my

