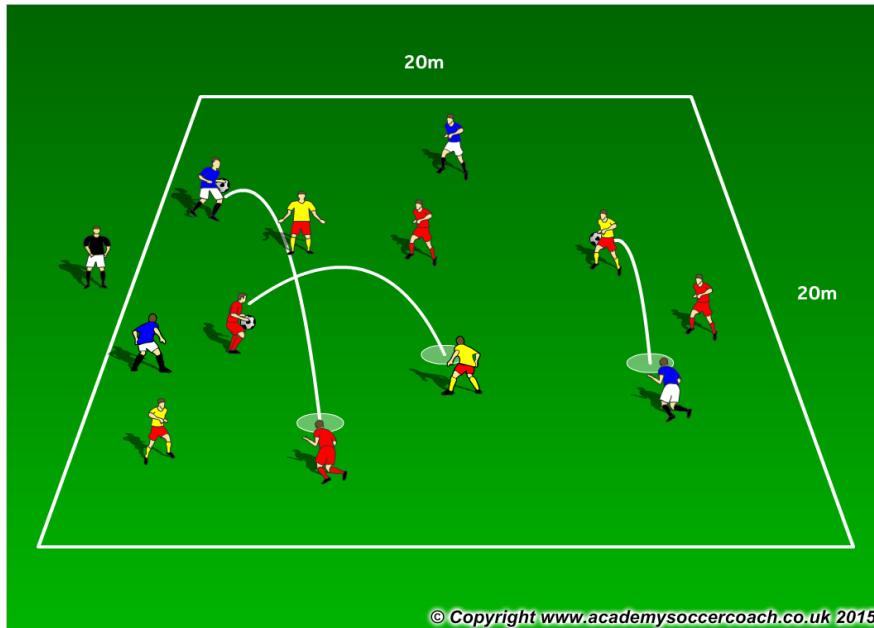




# FUNDamentals

## Energizer



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**Organization:** Players are divided into 3 or 4 groups and placed in a 20x20m area. 1 ball per group.

**Procedure:** Players move around the area using type of movement dictated by coach: running, backwards running, hopping, skipping etc. Players throw the ball to each other using a variety of techniques: overhead throw, under-arm throw, chest/bounce pass, 1 hand throw under opposite leg, American football "snap".

**Progressions:** Players can only play to players in same team (red only pass to red), Players must pass to a different team each time (Red must play blue or yellow).

Time frame: 10-12 minutes

### Emphasis

- Safety
- Positive Reinforcement
- Praise
- Demonstration of the activity

<p><b><u>Psychological</u></b>          Safety          Positivity          Confidence          FUN</p>	<p><b><u>Technical</u></b>          Throwing          Catching</p>
<p><b><u>Physical</u></b>          Change of Direction          Change of speed          A,B,C's</p>	<p><b><u>Social</u></b>          Listening          Communicating</p>