



FUNdamentals “Show Your Magic”



Organization: 15yds x 25yds. Players are divided into 2 groups (blue and green)
Procedure: The blue server will play a pass to the first blue attacker. As soon as the ball is played the first green defender will come out and defend. The aim for the attacker is to beat the defender and score on the big goal. If the defender wins possession, they attempt to score on the small goal. Players will rotate within their same colours until the coach switches them.

Time Frame. 8 minutes

Emphasis

Safe environment
 Positive reinforcement
 Demonstration of activity
 Praise
 FUN

<p><u>Psychological</u> Safety Being Positive Confidence FUN</p>	<p><u>Technical</u> Dribbling Shooting</p>
<p><u>Physical</u> Change of Direction Change of speed Acceleration</p>	<p><u>Social</u> Listening Competition FUN</p>