



## PSYCHOKINETICS IN TEAMSPORTS

Different exercise ideas for P.E. lessons at all ages, as well as exercises and challenges which can be used in different team sports.

„Where is the ball? Where are my teammates? Where are the opponents? What’s the best pass?”

These are only a few questions players constantly have to think about during a game, and their answers must be immediate; therefore, we can say that team sports are characterized by a large number of combinations of movements with, and - above all - without the ball, no matter if the team is attacking or defending. A modern training methodology must, therefore, take into consideration not only the effects (pass, shot, heading, etc.) which are the physical answers, but also the mental causes (mental formulation of the physical answer, creation of the physical process, and the verification of the previous experiences.)<sup>1</sup>

**Psychokinetic** studies everything that advocates thoughts and movements. Psychokinetic exercises help athletes approach different movements thanks to artificial stimuli (sounds, sight or tactile) which are given to them. This is crucial for all situational team sports, especially soccer. The stimulus provided by Psychokinetic exercises affect the attention of young players, improving their concentration, their fast processing and their overall technique.<sup>2</sup>

**Psychokinetic helps the athlete develop mental quickness, as well as reactivity in game situations through immediate feedback (Arias et al. 2016).<sup>3</sup>**

As strength and conditioning coaches, it is our job to make sure our athletes move and think quickly to get the best out of them in every possible situation.

**In these three lessons I will present several exercises (with and without ball), challenges and a few games which will help the players to improve their psychokinetic abilities and skills. I will offer exercises which can be included in normal P.E. lessons at all ages and the second and third lesson will focus on exercises and challenges especially in team sports.**

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“THE KEY IS YOUR FANTASY”

—  
“DER SCHLÜSSEL FÜR JEDE ÜBUNG IST DEINE PHANTASIE”

—  
“LA TUA FANTASIA È LA CHIAVE PER OGNI ESERCIZIO”

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<sup>1</sup> Psychokinetics. A new method of training; technical overview; the learning process; progression and workloads.  
<https://de.scribd.com/document/66712978/Psycho-Kinetics-Training> (30.08.2018)

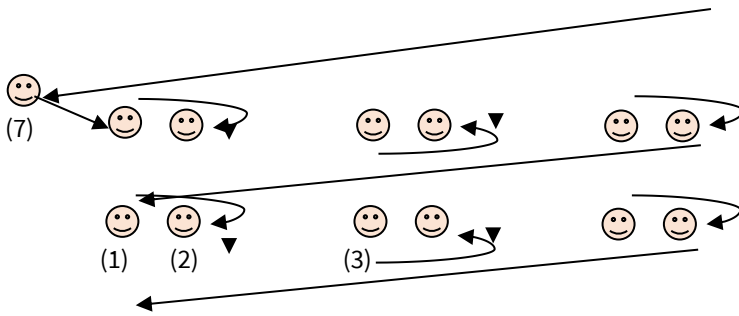
<sup>2</sup> Psychokinetic: Training for unpredictability in Soccer. October 10, 2016 Url.:  
<https://strengthandconditioningcoach.net/2016/10/10/psychokinetic-training-for-unpredictability-in-soccer/> (30.08.2018)

<sup>3</sup> Arias, E., Valencia, W., & Larrera, O. (2016, January). Development of Cognitive Skills Through Psychokinetic Games. In Research Quarterly for Exercise and Sport (Vol. 87, pp. S118-S118). 2-4 PARK SQUARE, MILTON PARK, ABINGDON OX14 4RN, OXON, ENGLAND: ROUTLEDGE JOURNALS, TAYLOR & FRANCIS LTD.



## A FEW IDEAS FOR PSYCHOKINETICS IN YOUR LESSONS/TRAININGS

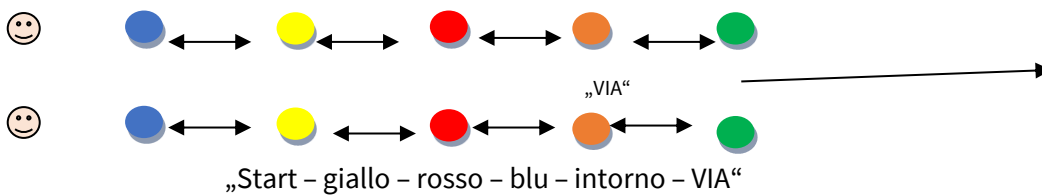
### 1. Attivazione con psicocinetica:



Le due persone vicine si guardano. (1) sta fermo (alternativa fa i movimenti con i piedi) (2) tocca la spalla dx o sx del compagno in base a ciò che viene chiamato. Alla chiamata di un numero c'è cambio: (1) va al (2) che a sua volta va al (3) con uno sprint. (6) in base a se il numero è pari o dispari corre verso l'uno. Della fila dx o sinistra.

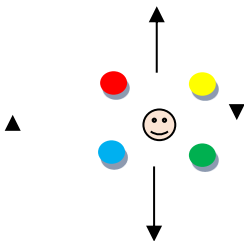
Consigliabile mettere una persona ancora di riserva per fare pausa (7, 8)

### 2. Lineare



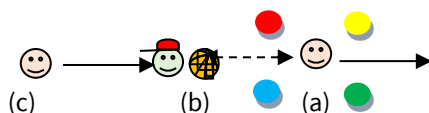
### 3. Quadrato piccolo

a. Quadrato stretto con movimento di piedi e basta + sprint (in varie direzioni in base alla chiamata)



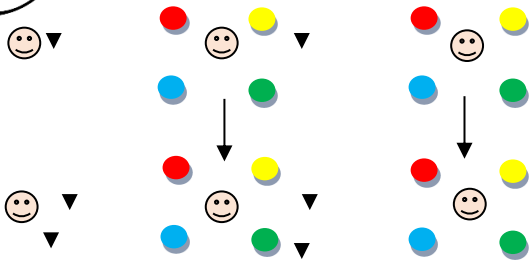
b. Quadrato stretto con movimento di piedi ricevuta e passaggio di palla - al fischio sprint (b) fa passaggi col compagno e al fischio si gira e passa la palla a (c) e prende il posto di (a)

(c) prende il posto di a con palla in mano



c. Quattro quadrati – lavorano sempre quattro persone contemporaneamente

- i. Alternative: colori e numeri
- ii. Destra e sinistra
- iii. Inserimento di palloni



#### 4. BASICS di reattività e agilità



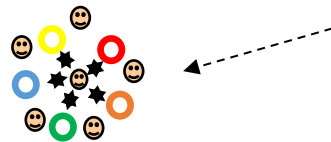
Alcuni di questi e alla chiamata del numero uscire in base all'ora che chiamo

VARIANTI:

Aggiungere dx e sx significa ruotare di 90°

Dx significa fare salto a dx e ritorno e sx uguale

Se due volte dx allora cambio di 180°

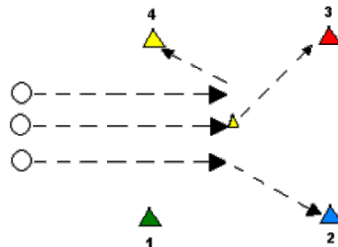


#### 5. Quadrato grande - Evt. inserimento di palloni

(A) Varie opzioni da dove partire (tutti dallo stesso lato, lati opposti...)

(B) Mentre vanno incontro, A passa a B e B sceglie dove correre...A va sul lato opposto con CDD

(C) Stessa cosa con un 1-2-1



(A) A decide dove andare, B e C vanno a chiudere gli angoli

(B) Azioni in due contro 1 nei vari sport

- a. Quello centrale e quello posteriore vanno ad attaccare quello, che è vicino alla porta difende direttamente

**Always keep an eye on the different stroke angles (changes of direction with 30° - 60° - 90° - 180°) & what you want to improve (+ technique, + speed, etc.).**

**The basics can also be applied in different game actions, leading athletes to react well in 1-on-1 and in actions of numerical superiority and inferiority.**

**Follow my courses if you want more practical ideas! Thank you for your cooperation in the different lessons!**

**Greetings,  
Simon Stuffer**