

**Title**

Clap

**Source**

Method presented during the International Trainers Laboratory, October 2001, by Ike Schaeffer (Switzerland)

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**Field/Content**

Energizer

**Duration**

5 – 10 minutes

**Participants**

From six years old

**Aims**

Warming up

Strengthening the group

**Materials / Resources**

None

**Preparation**

None

**Methodology**

All players stand in a circle. The monitor says "I have brought something wonderful with me: a clap. I'll let it run around the circle." It is sent round in one direction, and the rhythm should be kept by all players. Later on, this can be changed: fast, slow, thrown across the circle, several claps at the same time, changing directions, etc.

**Evaluation / Debriefing**

None

**Variants**