

BEE HIVE

STAGES COVERED BY ACTIVITY

Stages 1, 2 & 3 - 3-11 year old players

THEMES & COMPETENCIES

Theme:

- + 1v1 attacking and defending
- + Dribbling
- + Ball mastery.

Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Fundamental movement skills
- + Beating and escaping an opponent
- + Attacking as an individual
- + Confidence and concentration
- + Defending as an individual.

WHY USE IT

'Bee Hive' is a small sided game emphasizing close control and dribbling with the laces. Coaches can introduce the speed of dribble, change of direction and simple attacking and defending strategies.

SET UP

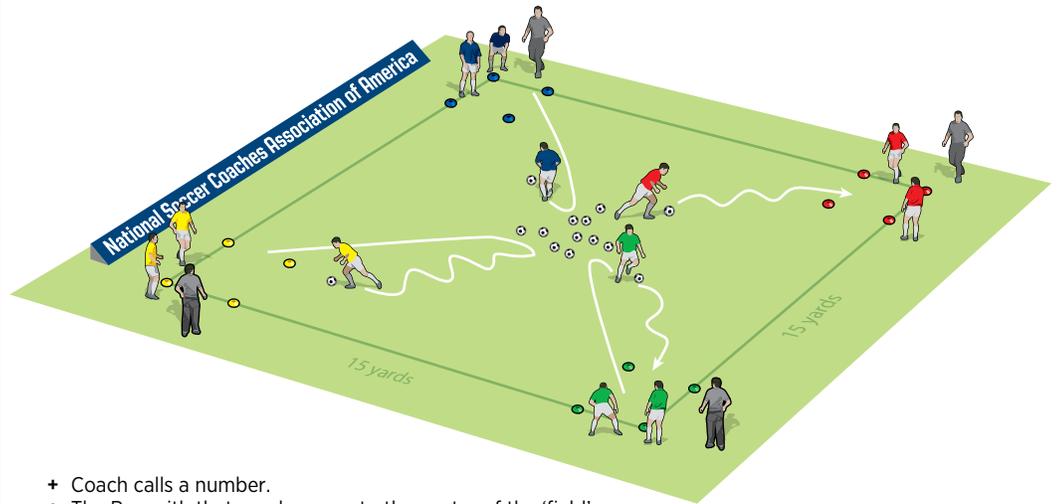
15 x 15 yard square with Bee Hives - 3 x 3 yards squares marked with cones in each corner. 12 players organized into 4 teams - each team with a different colored training vest. At least 1 ball for each player.

HOW TO PLAY

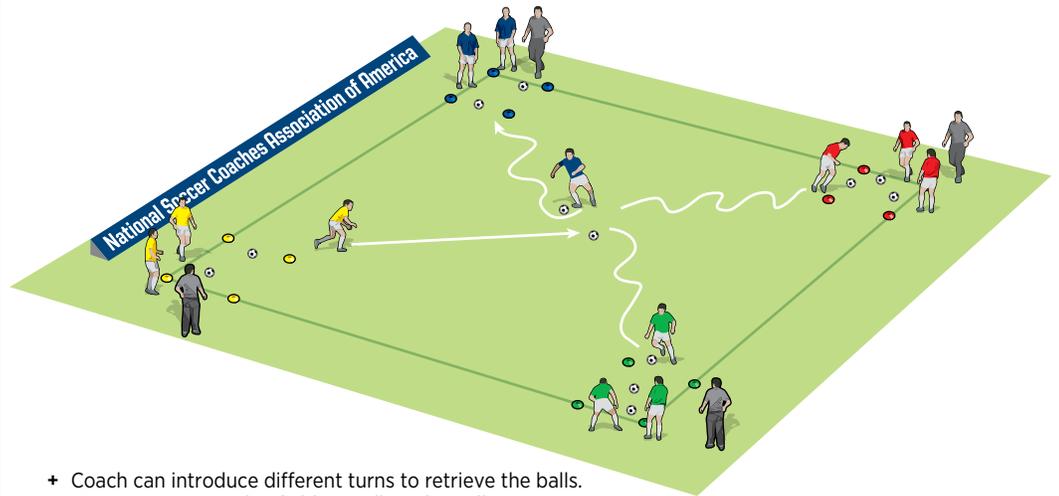
Story: There are 4 Bee Hives close to a field of flowers with the Bee's favorite pollen. Each Bee has to supply the hive with 3 pollen balls to win the game. 4 teams of 3 'Bees'. Each Bee has a number (or a character name - Buzzy 1, 2 etc). Position each team behind one of the small corner squares (the hive). All the pollen balls are placed in the center of the playing area. The objective is to see which team can supply their hive with 3 pollen balls the quickest. The game starts with the coach shouting out a number. The activity can be progressed by reducing the number of balls in the center and allowing players to 'steal' from another hive.

COACHING NOTES

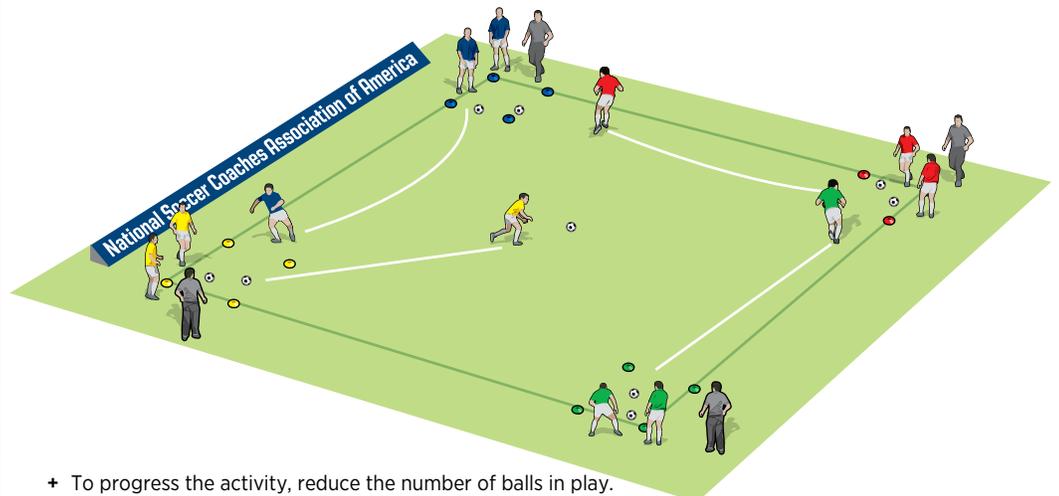
- + Coaching objectives - players dribbling with the laces and performing different turns when collecting the ball.
- + Coaching tip - Use assistant coaches/parents for 'crowd control' - helping keep players behind the hives and reminding players when it is their turn!
- + Adaptations - add balls to make the activity easier and reduce balls to create 1v1 duels.



- + Coach calls a number.
- + The Bee with that number runs to the center of the 'field'.
- + The Bee dribbles one ball back to the hive



- + Coach can introduce different turns to retrieve the balls.
- + Keep returning to the 'field' to collect the pollen.



- + To progress the activity, reduce the number of balls in play.
- + Players steal pollen from other teams hive to collect 3.

