

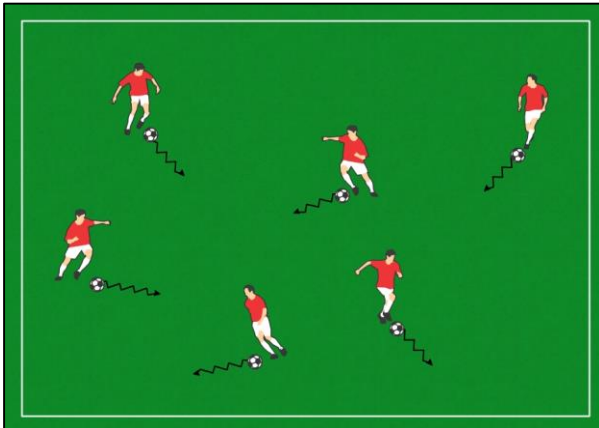


Core skill: Running with the ball

Difficulty level ★☆☆☆

THE BEE HIVE

Beginning activity



Pretending to be “bees” in a beehive, players dribble the ball around the grid avoiding collisions with other players or “bees.”

You can begin to instruct players as they are running with the ball to try different manoeuvres.

To ‘avoid’ other “bees” players can practise sidesteps and changing direction while they dribble.

Step up the activity by adding defenders or by players attempting to kick other player’s balls out of the grid while still keeping their own ball. The winner is the last player left who still has their ball.

Set up: In an area approximately 10m x 15m all players stand inside the area with a ball each.