

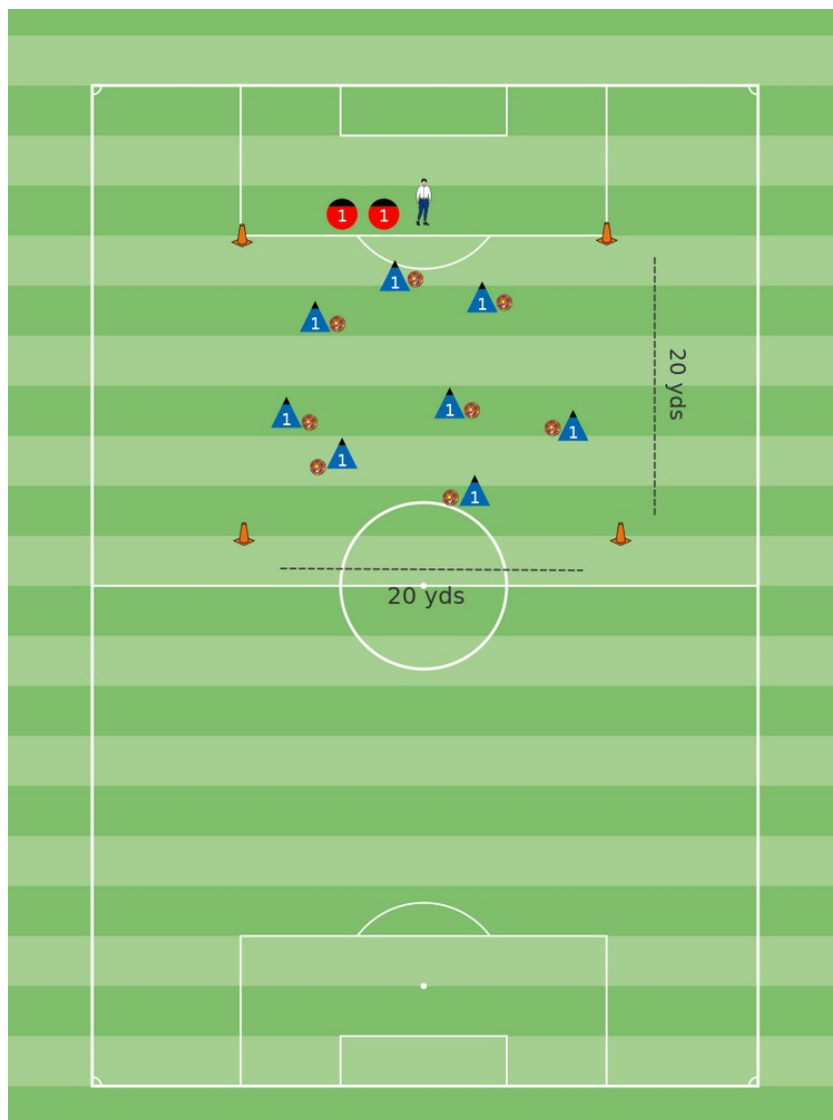


Bumble Bees

OBJECTIVE: Improve the individual player's control & awareness while dribbling

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. The coach designates two players to be the "bumble bees". The bees start next to the coach and hold a pinnie in their hands. On the coach's "Go!" the bumble bees must run into the field and try to tag a player with a ball. If a bee tags a player he/she drops the pinnie and takes the player's ball. The player who got tagged picks up the pinnie and now becomes a bee. Play for 1 minute.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

TEAM FUNCTION:

Attacking

AGE:

U5 / U9

PLAYERS:

8 vs 2

DURATION:

7:0 min (5 x 1:0 min, 0:30 min rest)

INTENSITY:

Hard