Bizz-Buzz

**GOAL:** Allow athletes to see the importance of concentration and team work

**NUMBERS:** Divide teams into groups of 6-10

**EQUIPMENT:** None

**SPACE:** Locker room, classroom or the practice or playing surface

**GAME PLAN:**

Divide your team into groups of 6-10 people, and have each group get into a circle facing each other. The object of this activity is for each circle of athletes to count as high as they can without saying the number 7, a number with 7 in it (17, 47, etc) or a multiple of 7 (21, 35, etc.). The following guidelines should be followed when participating in this activity:

 One person should be designated to begin the counting sequence.

 That person begins with the number 1.

 Going clockwise, the next person says the number 2.

 This sequence continues until the number 7.

 The athlete who is supposed to say the number “7” must instead say “bizz” or “buzz.”

 If the athlete says “bizz”, the counting continues in a clockwise manner.

 If the athlete says “buzz,” the counting continues in a counter clockwise manner.

 In either case, the next person must say the number 8 and the sequence continues until

 a number with a 7 in or a multiple of 7 is replaced with “bizz” or “buzz.”

 The team must start over each time there is a mistake of hesitation of any length.

**WRAP UP:**

What happened when one of your teammates made a mistake and your team had to begin again?

Can anyone discuss what happened when you thought it would be your turn to say “bizz” or “buzz” as your team progressed to higher numbers?

How might this apply to us when we are competing?

**VARIATIONS:**

One team can stand outside the circle of a team that is participating in the activity and attempt to verbally distract them. The team participating will have to ignore them and perform effectively without making a mistake.

From Karl Rohnke and Steve Butler, Quicksilver (Kendall/Hunt Publishing: Dubuque, Iowa, 1995)