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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Piggy in the Middle | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/Coordination |
| **Intensity Level:**Moderate to High |
| **Description:*** Children in groups of 3-4
* Children set up 2v1 or 3v1 (triangle). The aim is to pass the ball until the one in the middle gets a touch (or intercepts it). Whoever made the intercepted pass goes in the middle.
 | **Equipment:*** Balls (basketball, tennis, football, rugby, etc.)
* Hockey stick/Rackets
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| **Variations:*** Restrict/Allow movement on the passers
* Restrict/Allow movement of the defender
* With older children, introduce movement (i.e. the passers are trying to go from A to B without the piggy intercepting it)
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| **Keep an eye on:*** Width of base
* Height of CoG
* Hand/Elbow position
* Hand/Elbow/Wrist Action (follow through)
* Kinematic chain from toes to finger tips
* Hands ready to receive the pass
* Call for pass/ Call name
* If D’s Hands High/Pass Low and vice versa
* Fake a pass to make a pass
* Timing of pass and move action (older kids)
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| **Other Benefits:*** Connection
* Team work
* Concentration
* Spatial awareness (movement into space and anticipation of movement)
 | **Coach’s Comments:** |