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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) |
| **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) |
| **Other Benefits:**   * Connection * Team work * Concentration * Spatial awareness (movement into space and anticipation of movement) | **Coach’s Comments:** | | |