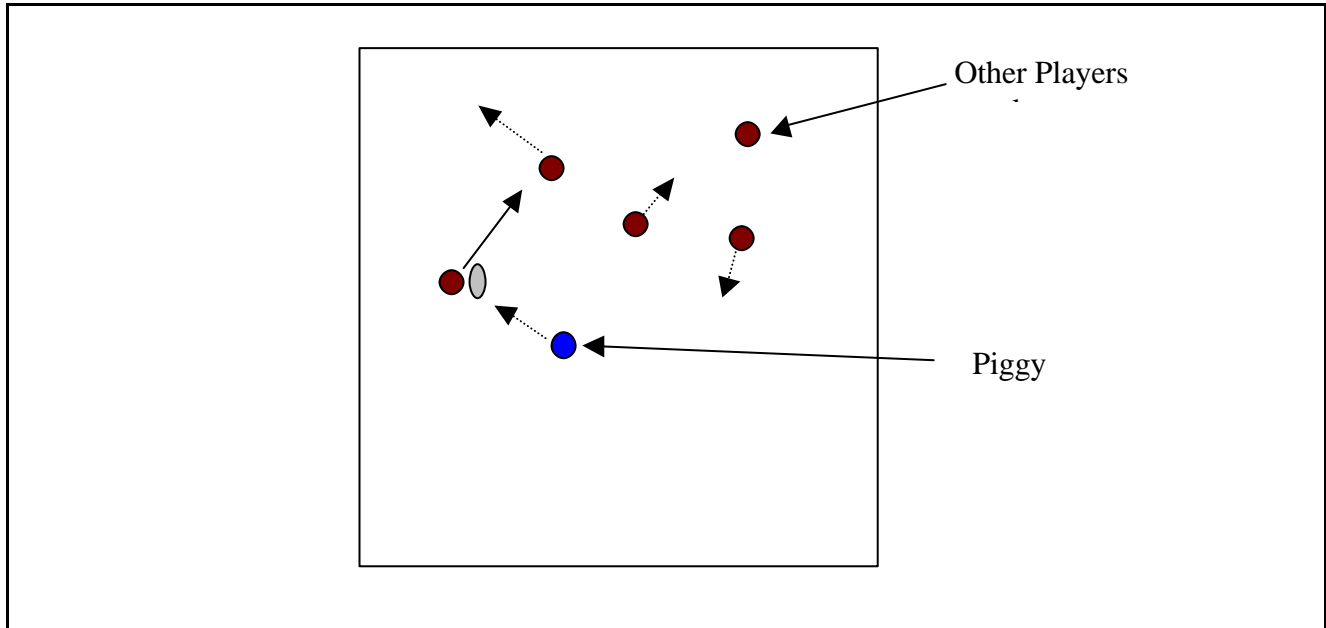


<b>Drill Name</b>		<b>Piggy In The Middle</b>						
<b>Objectives</b>		Practice quick passing on the move, communication and coordination.						
<b>Cones</b>	<b>Layout</b>	<b>Dimension (metres)</b>	<b>Balls</b>	<b>Players</b>	<b>Duration (minutes)</b>	<b>Contact Shield</b>	<b>Tackle Bags</b>	<b>Body Suits</b>
16	Grid	10x10	1	5-6	10			



#### Description

1. Classic game of "piggy in the middle". One player is "the piggy".
2. The other players must pass the ball around without it being intercepted by the "piggy".
3. The players can move around, but must pass the ball within 3 seconds. If the "piggy" intercepts the pass, the player who made the pass becomes the new "piggy".
4. If a player takes too long to pass, they also become the new "piggy".
5. All players must stay in the area.

#### Progression

1. Increase number of "piggy"
2. Players must stand still if holding the ball.
3. "Piggy" must tag ball carrier.
4. Develop into "Swedish Rugby" drill

#### Set-Up

1. Groups of 5-6
2. Mark out grid
3. All players with tag belts.
4. One ball per group.

#### Key Factors

##### Passing Players

1. Heads up, eyes only
2. Look for space
3. Hands up – targets
4. No overhead passes
5. Call for pass – "my ball".
6. Quick passes.
7. Stay in area.

##### "Piggy"

1. Interception of passes
2. Anticipate passes
- 3.