



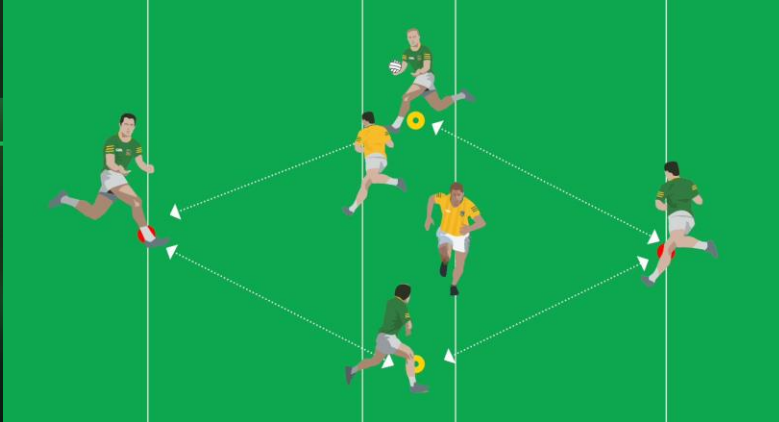
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Piggy In The Middle - The aim of this blocked practice is to develop hand passing on both left and right sides. Players should focus on correct technique and working in sync at speed with partners



EQUIPMENT

- 1 x Footballs
- 6 Players
- 2 Sets of Bibs
- 10m x 10m Grid
- 8 Minutes

ORGANISATION

- Set up 10m x 10m grid with 4 attackers on outside, and two defenders in middle
- Attackers (Purple) can only move along the line shown.
- Defenders (gold) stay inside the grid.
- Attackers try & keep possession (hand pass only).
- If pass is intercepted, the attacker swaps with defender and become 'piggy in the middle'.
- Complete 3 x 2 minutes reps with 1 minute off between reps. Change players in centre for each rep.

VARIATION (STEPR)

- Ensure passes with both left and right hand
- Change to Fist Pass

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Underarm striking action with open hand; follow thru in direction of pass*
- Watch for throwing the ball; using wrong part of the hand*
- Look for movement from Attackers. Avoid "hospital pass"*