

COACHING CHILDREN RUGBY UNION



Name of Game: **PIGGY IN THE MIDDLE** **GAME CARD 7**

AIM OF THE GAME:

The attackers to make a number of passes (say 10 passes) without the defender intercepting, the ball being dropped or going out of play.

Pitch Size: Depends on age of players. U7's - 8m by 8m square and 4 players max per grid (3 v 1). 10m by 10m if it is 5 v 2.

Equipment: One rugby ball per 4 players and 20 cones.

Age group: Any 6 -12 years

Time allowed: The game can keep going for a number of minutes.

DIAGRAM



DESCRIPTION OF ACTIVITY:

In groups of four (3 v 1) three attacking players have the ball and pass it around to each other trying to keep it from the defender. Give the attacking players a target i.e. make 10 successful passes. The defender tries to either intercept the pass or force poor passes where the ball goes to the ground or outside of the marked area.

If the defender prevents the attackers from making the 10 passes, the defender scores a point. If the attackers make 10 successful passes, they each score a point. The defender then changes places with one of the attackers and the game starts again.

If an attacker makes a poor pass so the ball drops on the floor, or goes out of the working area, then that player swaps places with the defender who has now been awarded a point. After a few minutes the coach can check on how many points each individual has gained.

Ideas for Progression:

If the players are working well and being successful in making the 10 passes, then play 5 v 2 and if they are still successful play 4 v 2. Another progression is for a player to stand still when holding the ball or other conditions such as no pass to be higher than the shoulders.

RULES OF GAME:

- No contact.
- Attackers try to make 10 passes.
- If pass is not successful then the attacker responsible, swaps places with the defender.
- 1 pt. awarded to the defender if they prevent the attackers from making the 10 passes.
- 1 pt. awarded to each attacker if they make 10 passes.
- Attackers must stay inside the designated area.
- When attackers are successful, change the defender.

USE THIS GAME TO DEVELOP THE FOLLOWING:

SOCIAL/PERSONAL SKILLS

- Competence in agility
- Fun for the group
- Fair play, playing by the rules
- Sportsmanship, clapping / congratulating the winner(s)

PHYSICAL LITERACY

- Developing: -
- Agility
 - Hand and eye coordination
 - Balance
 - Endurance
 - Change of direction
 - Reactions

SKILL FOCUS

- Running skills
- Evasive skills
- Decision-making, how to recognise and use the space
- Safe passes that cannot be intercepted

GAME UNDERSTANDING

- Spatial awareness/ looking for space
- Running into space to get away from the defender
- Different problems to solve depending on the shape of the pitch

MENTAL SKILLS

- How to evade an opponent
- Playing by rules
- Playing within boundaries
- Making decisions under the pressures of defenders and space

QUESTIONS THE COACH MAY ASK

1. How does the ball carrier decide who to pass to?
2. Is it easier to pass the ball when the defender is close to the ball carrier or further away?
3. How can a defender try to force a poor pass?
4. How can the ball carrier prevent the defender getting close and putting him/her under pressure?
5. What is this activity good for developing?
6. What can we do to show good sportsmanship?

ANSWERS THE COACH WOULD EXPECT

1. By looking for the player furthest away from the defender and who should be calling for a pass.
2. When the defender is further away.
3. By being very close to the ball carrier and moving his/her arms about to stop the pass.
4. Pass as quickly as possible to a support player or use agility, side-step, swerve, change of pace to move into a space.
5. Support play, communication, teamwork, positioning for a safe pass.
6. Clap the player(s) who score the most points.