LEVEL 3

STOPPING A GROUND BALL - PIGGY IN THE MIDDLE

EQUIPMENT LIST

- Coach
- Cones
- Sliotar

This fun game to develop the technique for stopping a ground ball requires one player to attempt to block the ball as the others attempt to keep possession

Organisation

- Mark out a triangle using cones; determine the size of the triangle to suit the ability of the players
- One player is positioned at each cone with the fourth as the ‘piggy in the middle’.
- The players at the cone throw the ball to one another while the ‘piggy in the middle’ attempts to block it
- Any player whose throw is blocked becomes the new ‘piggy in the middle’

STEP Variation

Task - As the players develop, increase the distance between them and allow them to strike the sliotar

Equipment - A large sliotar makes the technique easier to perform; a smaller sliotar makes it more difficult

Notes