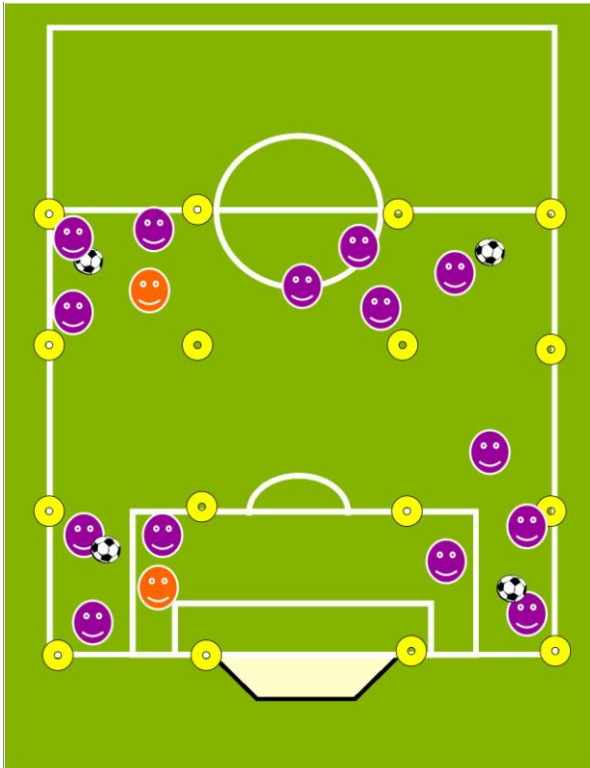


## Piggy in the Middle



On one half of a soccer field, create a 10yd x 10yd grid in each of the four corners. Have four players play 3 versus 1 (keep away / piggy in the middle) in each of the grids. Upon the coach's whistle, all players should leave their grid and race to the next grid in a clockwise direction. The last player to reach the intended grid begins in the middle of the 3 versus 1.

### Variation:

1. Blow the whistle twice to have the players run in a counterclockwise direction.
2. Blow the whistle three times to have the players run to the grid diagonally from them.
3. Shrink the overall size of the field depending upon the age of the players.

### Focus:

This drill tests players ability to recognize various situations quickly (differentiate between whistles). It also incorporates fitness while allowing the coach to emphasize possession soccer in the 3 versus 1 situation. Lastly, it adds a little competition to a drill that can get a little old.