8 players are divided into 2 teams. A playing area is divided into 4 and a player from each team goes into a square. The team in possession of the ball passes it to team-mates in any of the 4 squares, trying to avoid interception. Players remain in their square.

What you need

- Indoor or outdoor playing area
- Variety of balls of different size, weight and density
- 10 marker cones
- Coloured bibs

What to do

Playing

- One team takes possession of the ball (receivers) and tries to make as many passes as possible between themselves. The other team (interceptors) tries to intercept the ball.
- Players can pass in any direction – no running with the ball.
- All players must remain in their own square.
- If the interceptors catch the ball or knock it out of play, they take possession.

Scoring

- Winners are those who score the highest number of consecutive passes.

LEARNING INTENTION

4 square develops defending skills and can be easily modified to develop the object control skills of catching, throwing, kicking and striking.
**Coaching**
- Try to match abilities in each square.
- Make sure all players are included – ask the question: ‘How can we play the game so everyone is included?’

**Game rules**
- Vary the time each player has in possession before passing the ball on.
- **Easier** – some players who are intimidated by close marking can play on their own in a square as shown. They play for a specific team or whichever team is in possession.
- **Roll the ball** – allow rolling. An option is for all players to wear eye shades. A ball rolled in plastic secured with tape makes more noise as it rolls.
- Vary the pass (e.g. high pass only, bounce pass only).
- Pass in one direction around the squares.

**Equipment**
- Use different balls to create different challenges. For example:
  - smaller/larger ball
  - sports-specific – netball, basketball, hockey, rugby ball.

**Playing area**
- **Easier for receivers** – bigger area
- **Easier for interceptors** – reduced area

**Safety**
- If you’re using a hockey stick, an appropriate soft ball/puck should be used. The head of the hockey stick should not be raised above waist height.
- No physical contact.

**Ask the players**
- How can we ensure everyone is included?
- When did you see fair play being demonstrated (e.g. inclusion, good sportsmanship, appropriate language)?

**Receivers**
- How can you make room to receive more passes?

**Interceptor**
- How can you get more balls without making contact with the receivers?