



Australian Government
Australian Sports Commission



4 square

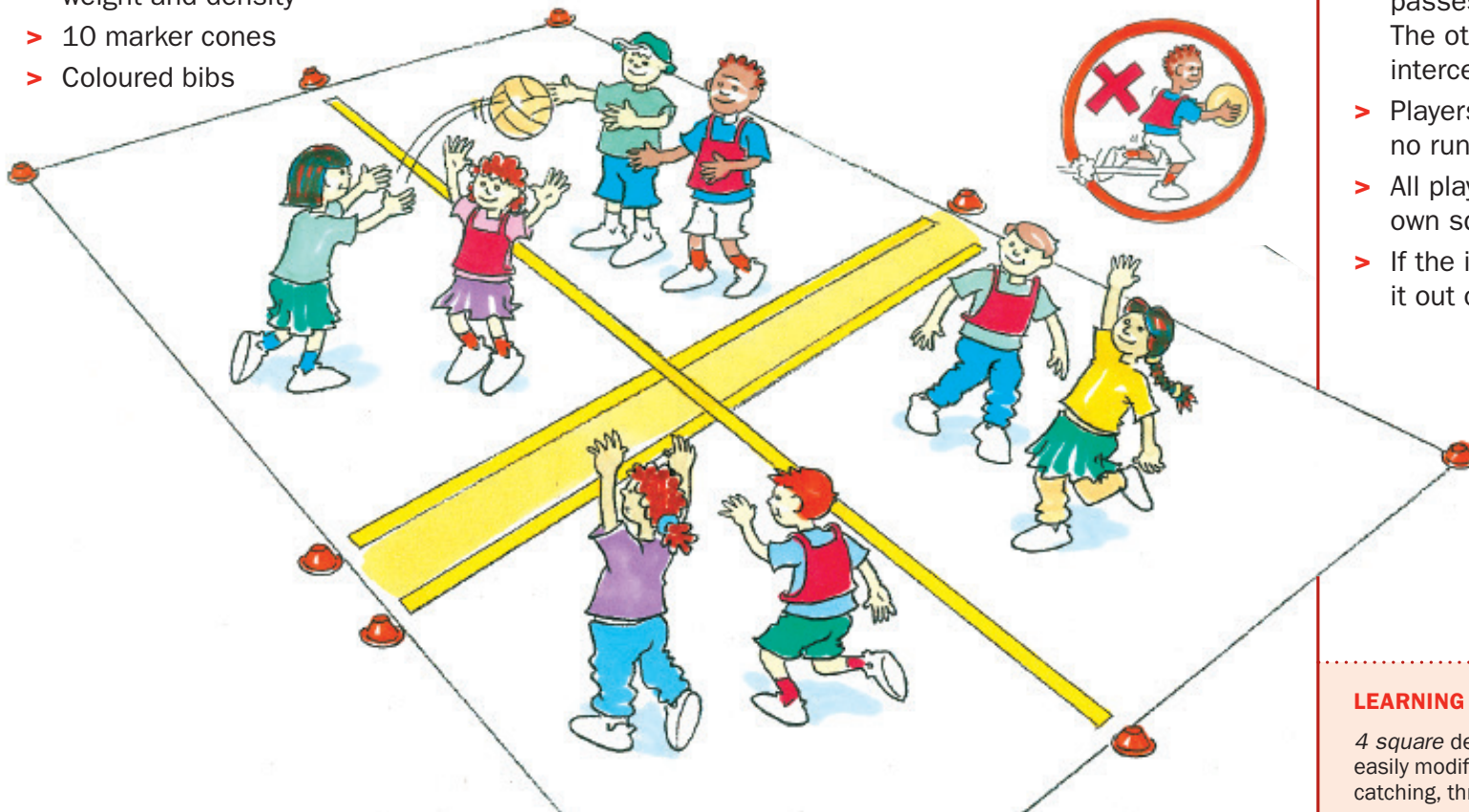
8 players are divided into 2 teams. A playing area is divided into 4 and a player from each team goes into a square. The team in possession of the ball passes it to team-mates in any of the 4 squares, trying to avoid interception. Players remain in their square.

What you need

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

Scoring

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



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.

LEARNING INTENTION

4 square develops defending skills and can be easily modified to develop the object control skills of catching, throwing, kicking and striking..

SKILL FOCUS

CATCHING
SPATIAL AWARENESS
TEAMWORK
THROWING

CONTENT DESCRIPTIONS

ACPM025

ACPM043

ACPM045

change it...

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

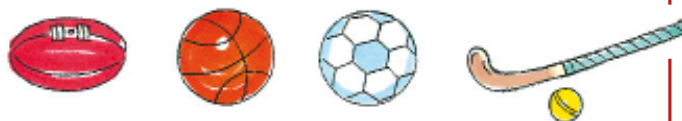
- > Vary the time each player has in possession before passing the ball on.
- > **Easier** – some players who are intimidated by close marking can play on their own in a square as shown. They play for a specific team or whichever team is in possession.
- > **Roll the ball** – allow rolling. An option 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, e.g.

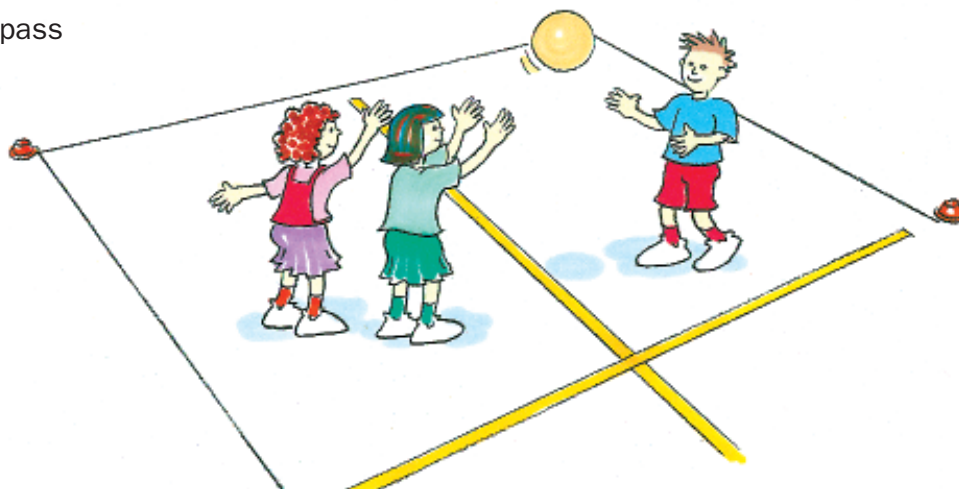
- > smaller/larger ball
- > sports-specific – netball, basketball, hockey, rugby ball.

ALTERNATIVES



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?’

Receivers

- > ‘How can you make room to receive more passes?’

Interceptors

- > ‘How can you get more balls without making contact with the receivers?’