

# Four corners

FORMAT > SHORT FOCUSED CHALLENGE

Players choose a corner to stand in and, as the game continues based on the call, must move to the middle.

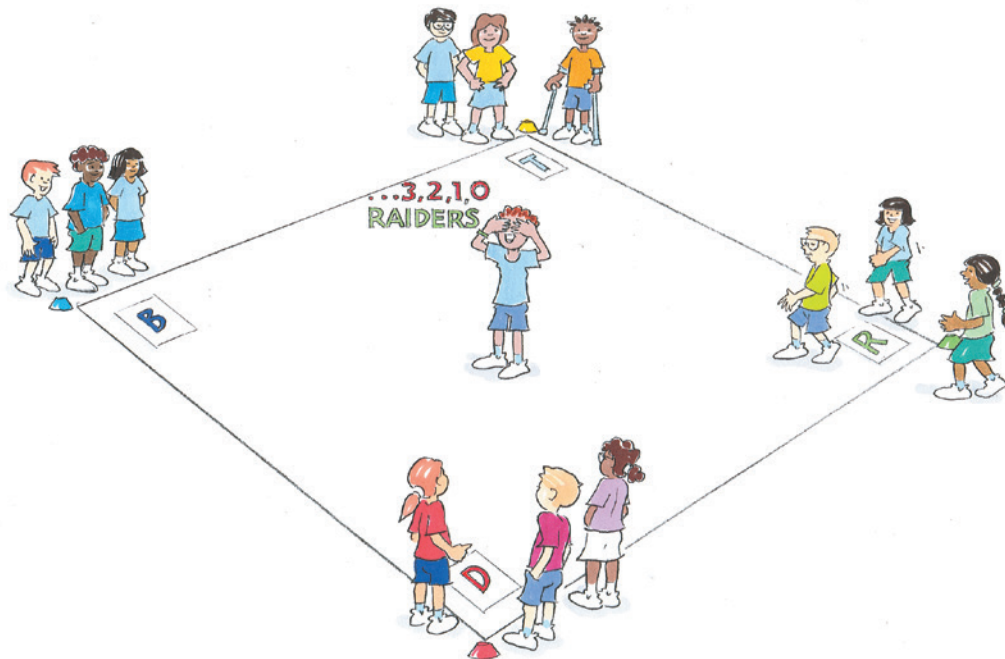
## What you need

- > 4 markers placed on the corners of a square

## What to do

- > Give names to each corner e.g. Dragons, Raiders, Bulldogs, Titans.

- > One player stands in the middle of the square with their eyes shut, counting down from 10.
- > While the player is counting, all other players walk to a corner.
- > When the counter gets to zero, they name one of the corners e.g. Raiders.
- > All players in that corner come into the middle and count.
- > Continue until all players are in the middle.



# Video ref

FORMAT > COACH FEEDBACK · SKILL REVIEW

Players mime specific sporting scenarios (e.g. running, passing, catching, kicking) in slow motion.

## What to do

- > Make a TV square with your hands, as if asking for the video referee to review the play, and describe the scene (e.g. a player dodges a defender then breaks free and scores a try; a ball is hit to short stop who fields the ball and throws to first base).

- > Players then mime the scene in slow motion.
- > Draw on an activity that has been played in this lesson.

