



Australian Government  
Australian Sports Commission

EASY MED HARD



# 4 square

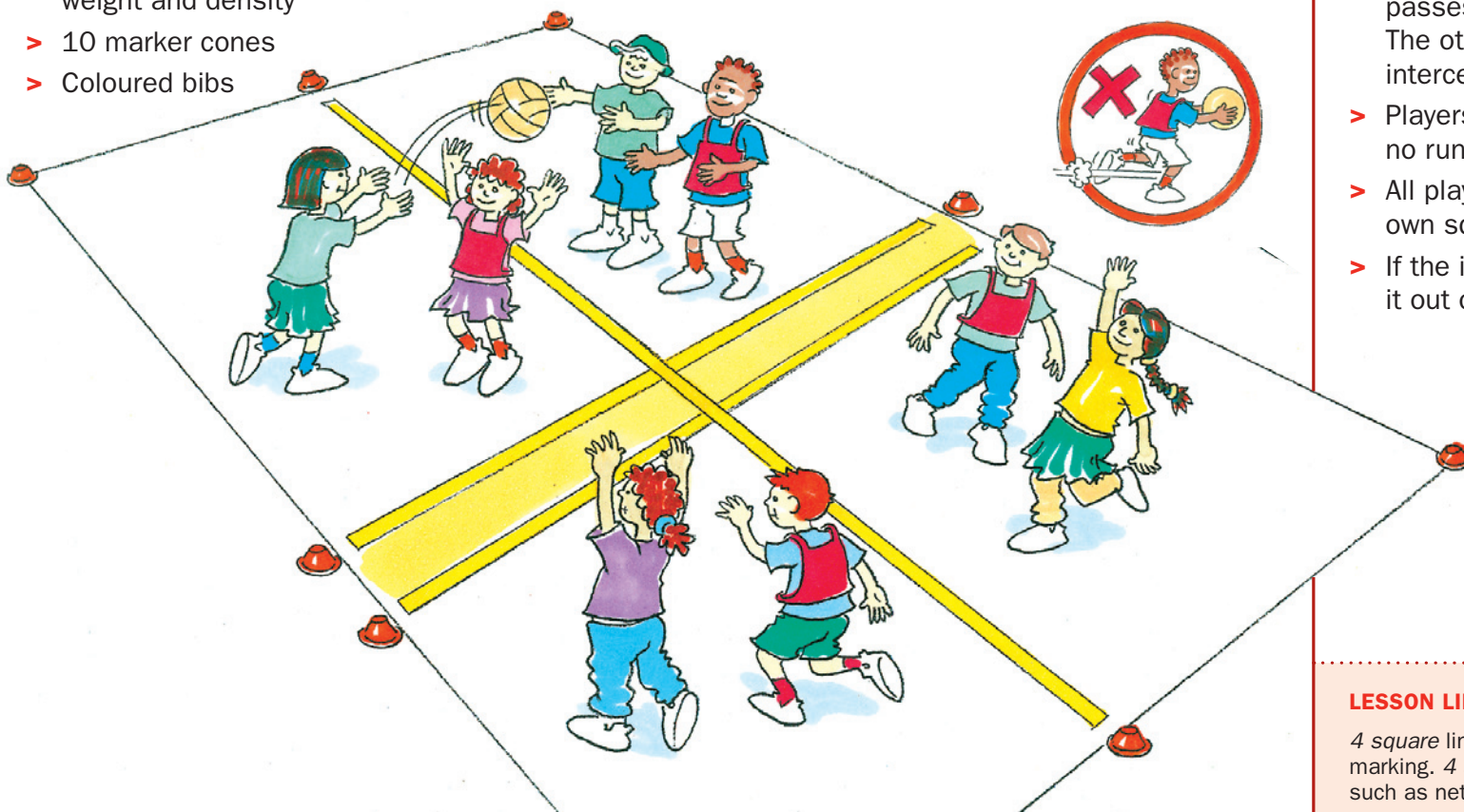
8 players are divided into 2 teams. A playing area is divided into 4 and a player from each team goes into a square. The team in possession of the ball passes it to team-mates in any of the 4 squares, trying to avoid interception. Players remain in their square.

## 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.

### LESSON LINK

4 square links to activities requiring defending and marking. 4 square can lead into invasion games such as netball, basketball, rugby or soccer.

SESSION  
PLANS

Combo > Start out WC 10b + Get into it INV 07a + Get into it INV 02  
Mixed combo > Start out TG 06 + Get into it INV 01 + Get into it INV 02

## 4 square

Skills &gt; Interception · Close marking &amp; evading · Space finding · Communication between players

## 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?’

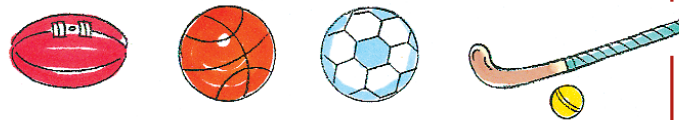
**Game rules**

- > 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.

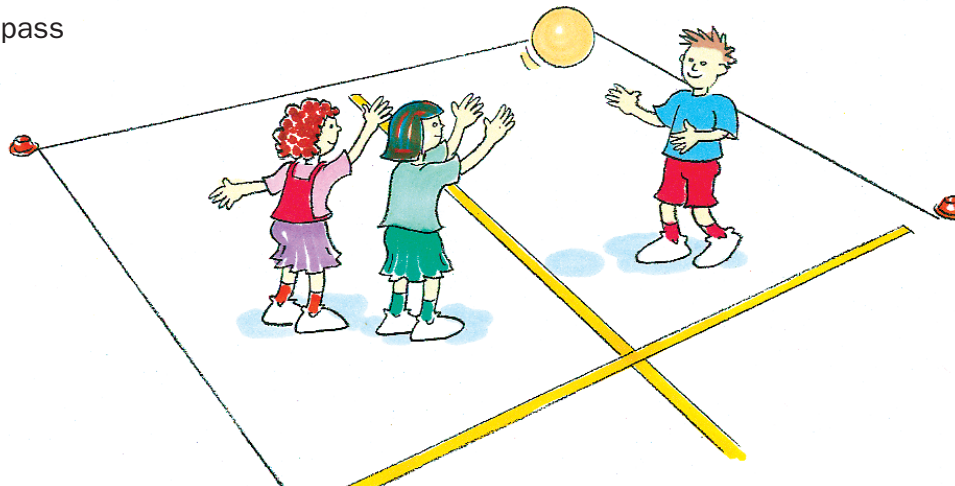
**Equipment**

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?’