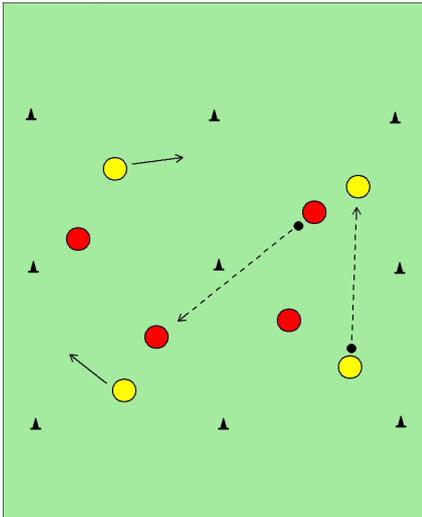




### Four square

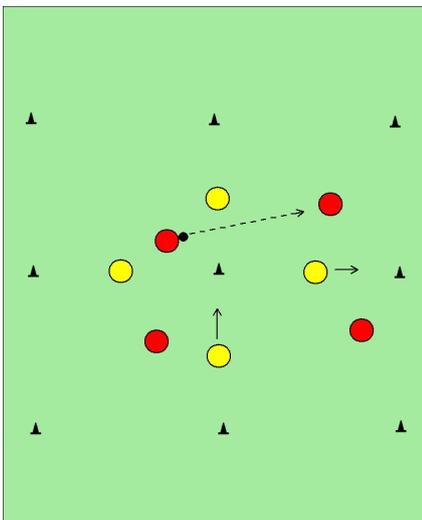


#### How it works

Start with two sets of four players and one player from each colour in each of the four grids.

Both teams must keep control of the ball as they pass to each other from one grid to another.

Challenge the groups to keep going longer than the other or for both to continue for 1/2 minutes without an error.

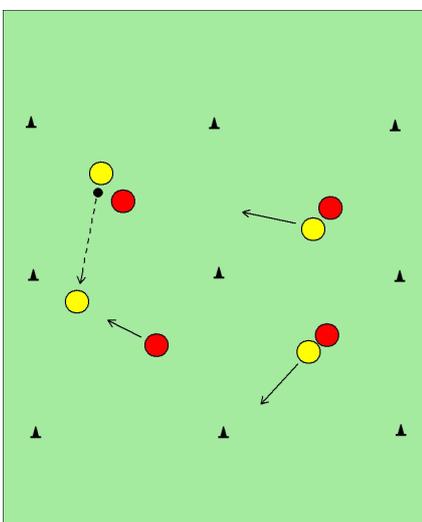


This time the red team have to try and keep possession of the ball whilst the yellow team try to intercept a pass.

The red players can move anywhere within their own grid but the yellow players are restricted to moving in a line between the two cones on either side of them.

Teams swap places if a yellow player manages to intercept a pass or a red player loses control and the ball is lost out of the playing area.

Challenge the teams to keep possession with no errors for 30 seconds/1 minute. Alternatively, allow the teams to compete against each other to make the highest number of passes.



Now both players in each grid are allowed to move freely within that area. The yellow team is in possession and must continue to make as many passes as possible.

Possession changes to the red team if they win the ball or if a yellow player loses control and the ball is lost out of the playing area.

#### Possible changes

If you have one or two more players they could act as extra support players for the team in possession. Position them around the outside edges of the four square grid.

If teams are finding it hard to keep possession in this last version of the game then make the defenders passive so they can't actually tackle or intercept the ball.