

# SQUARES

## WHY USE IT

As kids, we spent more time playing squares than any other game. It is easy to set-up, the players can self regulate and it is tremendous fun!

## SET UP

10x10 yards. The tighter the area the better to create quick feet and fast reactions. 8-12 players start in the area with a few extra balls around the outside to keep the game going. Ideally the area should be lined - if not, go to the corner of a lined field and use cones close together to mark the other 2 lines.

## HOW TO PLAY

It is all-against-all. Last player left in the area is the winner. The game is fast pace, but to keep everyone active have some extra balls so eliminated players can practice juggling and ball skills. Introduce the rules gradually: 1) Players are allowed only 1 touch before another person touches the ball - 2 or more touches and the player is out. 2) The player touching the ball last before it leaves the area is out ... unless ... 3) A player did not make a reasonable effort to keep the ball within the lines. 4) If a player is 'nutmegged' - a ball played through the legs - out! 5) If the ball stops - nearest player is out. 6) If a ball is played off the ground and is caught - the player chipping the ball is out ... unless 7) the player attempting to catch the ball drops it and then the player attempting to catch is out. Play the next ball in quickly to keep the flow going.

## COACHING NOTES

- + Coaching objectives - Quick feet, movement around the area, being ready and 'on the toes', forceful and accurate passes. Players that just stand are easy targets and will get knocked out early.
- + Coaching tips - This is a great 'activation' activity at the beginning of the session when the players arrive at practice. It can also be used as 'active rest' between activities.

## HOW TO MODIFY THE ACTIVITY

- + Less challenging: Start with less players in the area. When 4-5 players are knocked out, start a 2nd game in an adjacent square to keep all players engaged.
- + More challenging: Reduce area size. Add conditions: left foot only, alternate feet on each touch, must be 2 touch, 2 teams and add a goal - after 3 touches a player can score and a player eliminated from the game rejoins.

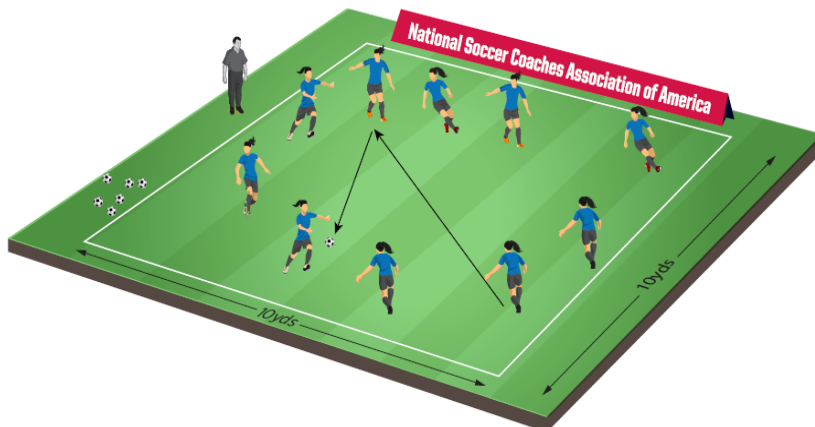
## STAGES COVERED BY ACTIVITY

Stages 2, 3, 4 & 5 - 6-18 year old players

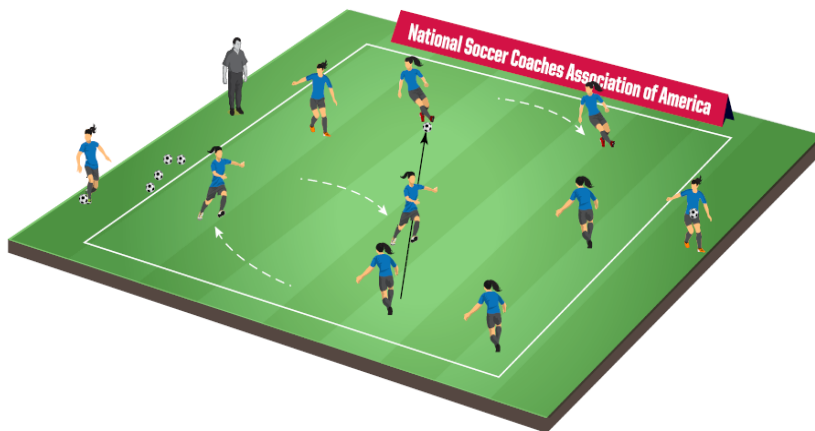
## THEMES & COMPETENCIES

Top 3 themes: Passing, receiving and creating space.

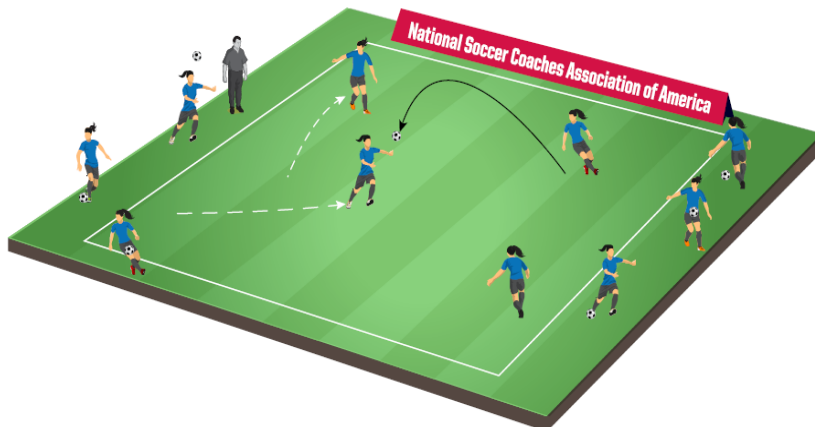
Top 3 competencies: Passing over short distances, controlling touch and movement off the ball.



- + 8-12 players start in a 10x10 yard square with lines clearly marked.
- + Coach introduces the rules gradually.
- + Spare balls on the sideline to keep the game moving.



- + A player is 'nutmegged' and is consequently eliminated.
- + Eliminated players must leave the square immediately and practice juggling.
- + Encourage players to move around the area. Standing on the sideline makes an easy target.



- + A ball chipped into the air can be caught and the passer is eliminated.
- + Play until there is a winner.
- + Add rules as players become more efficient.