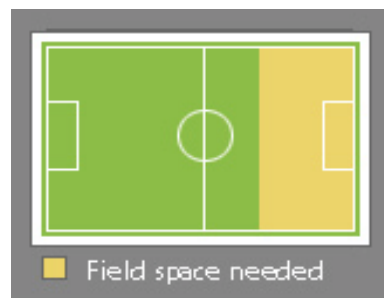


## Four squares



### Materials Needed



#### Cones

- Training vests
- Ball each

## Four squares (Ball mastery)

### Description:

4 corner grids measuring 8x8yds. Players split evenly between the grids with a ball each performing specified ball mastery exercises in their grid; 1) Toe taps, 2) Sole taps, 3) Single cut dribbles right foot then left, 4) Combination toe taps / sole taps

### Coaching Points

- Dribble with head raised to see the ball and be aware of other players
- Close control with the focus on maximum amount of touches
- Game realism and speed when moving between grids

### Progressions:

1. On coach's shout of 'change' all players leave their ball and collect another whilst remaining in the same grid
2. One whistle from coach and all players dribble to the next grid (clockwise)
3. Two whistles from coach and all players leave their ball in their area and sprint to the next area to continue
4. Two players from each area pass and move within their grid whilst all others dribble their ball around - still aware of the same commands as above.