



#### **4 Corners**

How to play the game: Make four different coloured areas in the corners of the area. Each area represents a different target area for players to dribble into. Players dribble around freely in the area, awaiting the coaches instructions. When the coach calls the colour, all players dribble towards that colour, trying to get into the section as quickly as they can.

Game is over when: Coach decides that the activity has ran long enough. Or has reached the end of the story.

Soccer skills learnt in this game: dribbling, turns, changes of speed, changes of direction

Variations and progressions: Name the colours after an area. (for example, blue is the ocean. Yellow is the beach). Tell a story that involves the players dribbling in the central area then visiting the places during the story.

Recommended Time on Game: 10 minutes

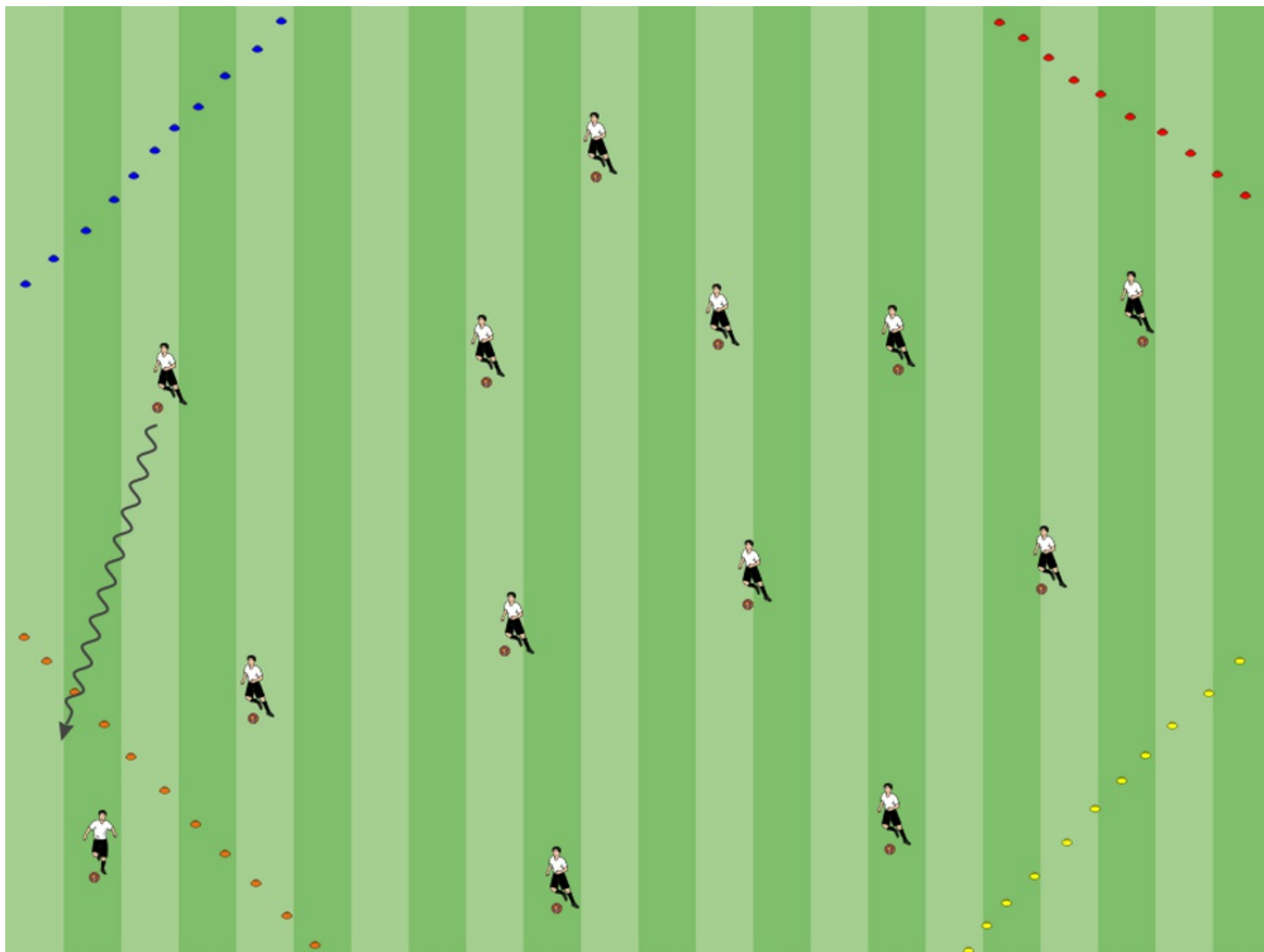
## 4 Corners

OBJECTIVE:

PLAYER ACTIONS:

KEY QUALITIES:

David Brown



### ORGANIZATION:

Set four coloured corners. Name each area something interesting. Relate each area to a story. When you say the name of the area, players all dribble to that area. Encourage them to do it at speed by adding time limits to get to the area.

### KEY WORDS:

### GUIDED QUESTIONS:

### ANSWERS:

### NOTES:

Progress by having a time limit. Can also progress by having the coach become a defender to make players dribble into spaces away from them.

### ⌚ MOMENT:

👤 **AGE:**  
U6 / 4v4

👥 **PLAYERS:**

⌚ **DURATION:**  
15:0 min