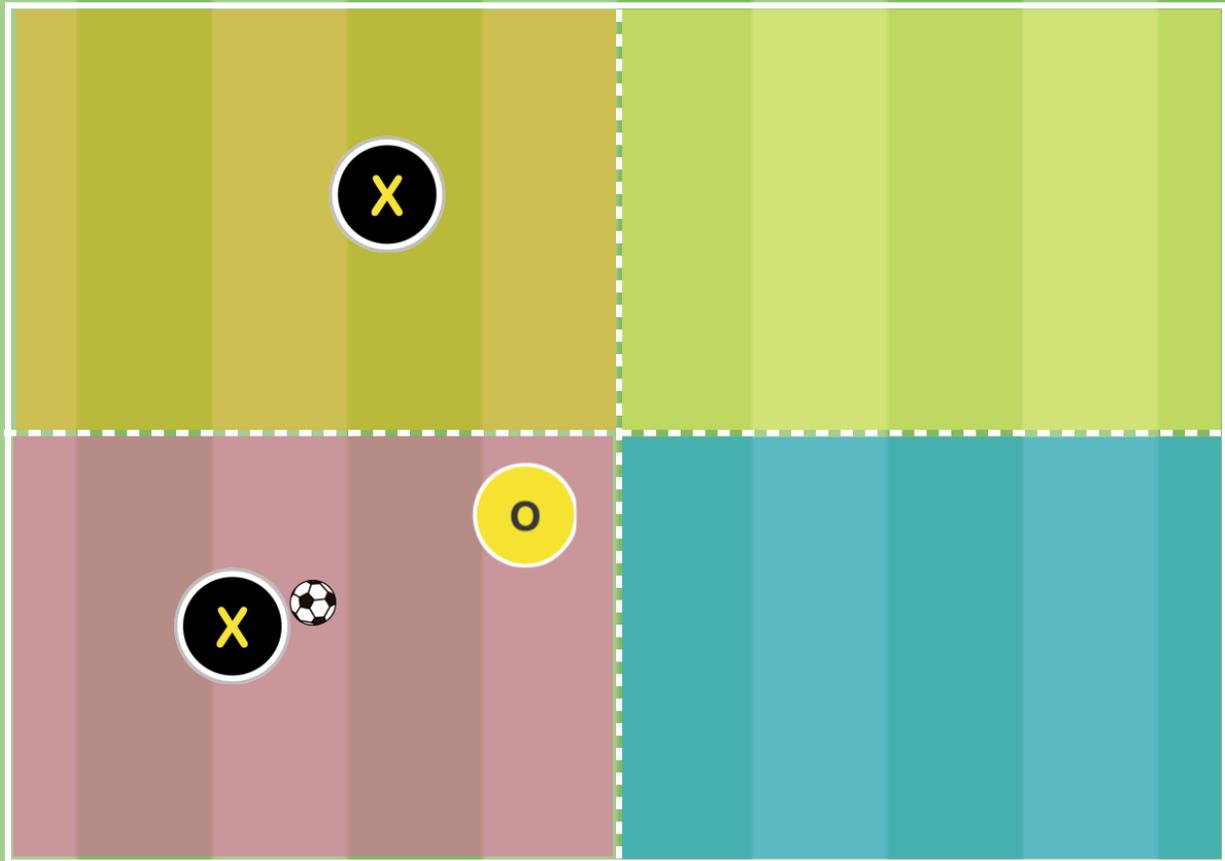


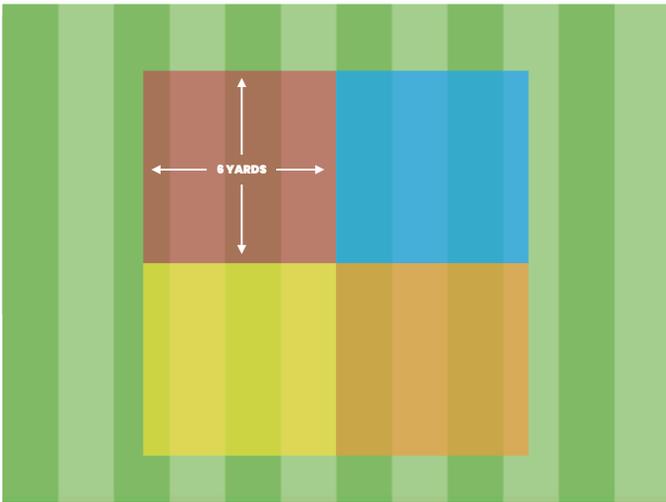
FOUR ZONES GAME



FOUR ZONES GAME

This is a simple activity which can progress to a game that helps teach players how to identify and occupy their own space away from their team mate who has the ball by using four zones on the pitch.

SET UP



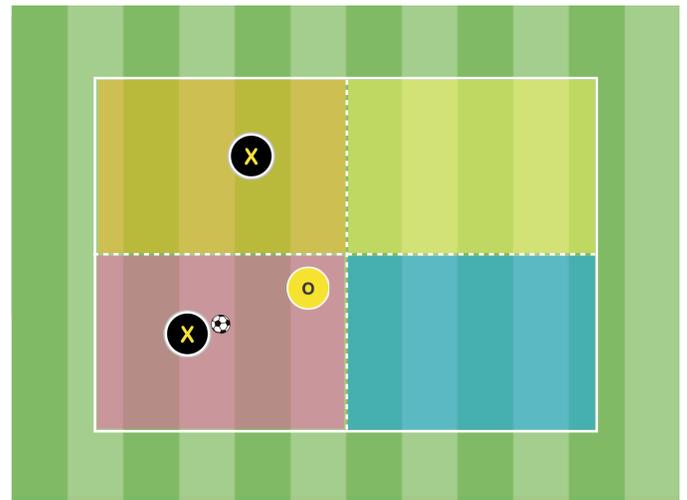
Create a pitch and mark out four zones that are an appropriate size for your players. We suggest making this pitch a little smaller than usual, you don't want the four quarters too large.

You will want the player with the ball to be able to make a pass to their team mate who will be in a different quarter of the field.

ACTIVITY

2 Players are trying to keep the ball away from one defender using all four zones however there are a few conditions and rules in place to try and help teach the players with ball to keep away from each other and find their own space.

Players with the ball score a point every time they can get the ball into a new square. The defender can win double points by stealing the ball and getting it into any square without a player in it.



1. The team mate who does not have the ball can NOT go into the same square that their partner who has the ball is in
2. The player with the ball can NOT dribble the ball into the square that their partner without the ball is in

COACHING POINTS

Show the player without the ball how they can move to a different square to become open for their team mate depending where their team mate and the defender are.

Q. Can you see your team mates feet?

A. If you can't easily see your team mates feet because the defender is blocking your view then you should move as you are not open.

Q. When should you move to a new square?

A. When the defender is blocking your partner from making a pass to you. A good time to change squares is when the defender has their back to you and can't see you moving

VARIATIONS

Two simple variations and progressions to this game is to make it directional and add goals into the game and add players. To start with keep the game as a 2v1 but add goals for the pair to play to. Then you can progress to 2v2.

The rules and conditions of the original activity still apply where the player without the ball must be in a different square and the player with the ball can not dribble into a square that their partner is in.

