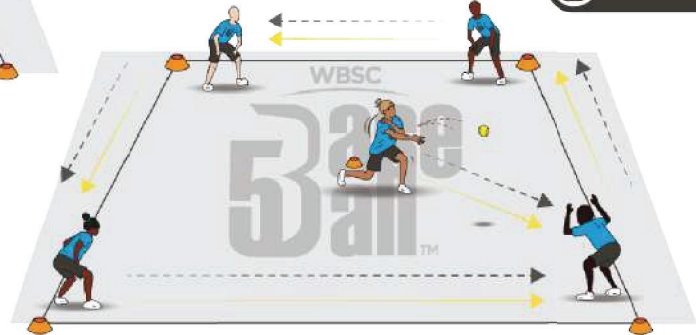
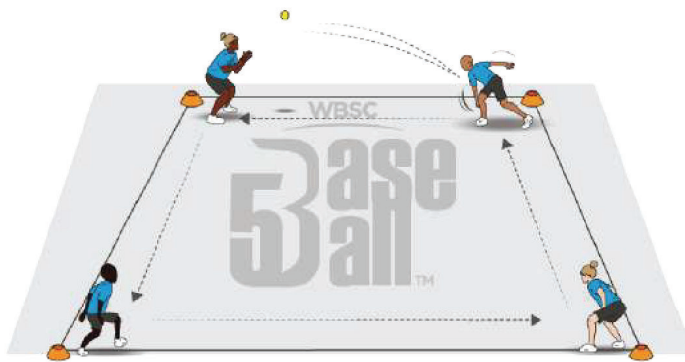


The Square



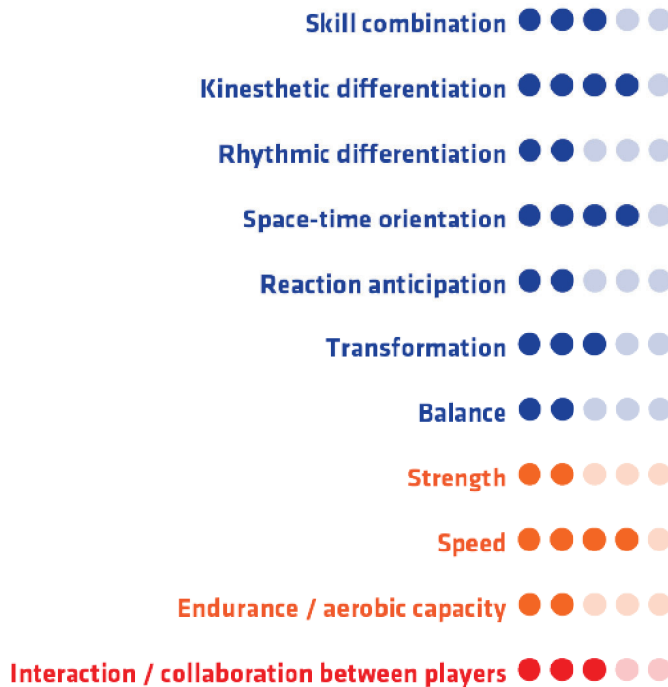
THE GAME

Two or more teams of four players each arrange themselves to form a square with a side from 5 to a maximum of 9 m: each player is positioned on one of the corners. The length of the sides of the square will be chosen by the instructor according to the skill of the players and the type of ball used. The player in possession of the ball starts the game by throwing it to the teammate. The instructor, from time to time, will have to establish the direction of the ball, clockwise or counterclockwise. Each time the ball passes by the player who started the game, he will have to shout the number of laps that the team has completed and when the last of the predetermined laps is finished, he will shout "stop". manages to reach that number of turns of the square.

To increase the difficulty of the game, it can be played with five players per team who throw and rotate, transforming the game into "Square throw and follow through". The fifth player, with the ball in hand, he positions himself in the center of the square and at the "start" he/she passes it to a teammate, following the throw and positioning himself in his/her place by taking its position.

The game ends when the player who received the first pass from the player who was in the center returns to receive the ball in its initial position. Also optional to play with just one team at a time, measuring the time it takes to complete an entire lap: "Time trial square". The group with the fastest time wins.

DEVELOPED SKILLS



SPECIFICATIONS

Quick catching and throwing

Level of skill required



Number of players:

4 or 5 players per team



Material:

rubber balls, cones, stopwatch

VARIANTS

It can be played by throwing the ball counterclockwise or clockwise, using different types of balls and throwing techniques: sponge ball and it must be touched by both hands; volley ball or similar, with one hand; different balls (sponge-ball, tennis-ball, incrediball); different ways to throw the ball:

- on the desk clockwise;
- counter clockwise;
- overhand on the chest clockwise;
- over the chest counterclockwise;
- rolled on the ground;
- bounce, 1 bounce, 2 bounces.

SUGGESTIONS

- Increase the distance between the corners of the square as you pass the ball big and soft up to the regular ball.