

# 4 corners

## Game Objectives Focus on Transition/Reset Progression

1. 4 groups – 5 per group in different colour bibs – 5 balls per group
2. 1/4 pitch long (NOT wide)
3. Call 2 colours
4. First colour are the ball carriers and attack the goal AWAY from them
5. Second colour are the defenders – try to turnover and attack the opposite end



## Explicit Objectives

1. Score by FFF
  2. Defense to organise
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1. Organisation – pre-positioning
  2. Fast attacks

### 3. Communication

#### **Transition/Reset**

1. When goal scored reset
2. Reset after 3 mins

#### **Progression**

1. Limit attackers time
2. Double goals for fast score
3. Triple for reverse stick etc
4. Vary size of D

