

# 4v4 murder ball

**Objective** – Quick decision making

GameFocusResetProgression

1. Create 2x teams
2. 4v4 for 2 minute then rotate all players
3. Aim is to make good choices when tired

## Points

1. Unforced errors = -1 point
2. 2 for a goal
3. 1 for a PCA

## Forfeit?

Losing team does 5x 25m sprints after each set

## Decision making

### Attacking

1. Trying to speed the game up – can we break lines/ go forwards quickly when appropriate.
2. Think about height, width and guard.

### Defending

1. Scramble
2. Formation

Any time the ball goes off the baseline or sideline coach restarts with a feed to create a counter attack

## Bonus

1. 1 point bonus – no defenders in the circle when you get a shot.
2. 2 point deduction – Anyone being lazy in attack or defence is

## Various

1. Fixed number of balls
2. Lose a player for silly mistake
3. Turn and burn

