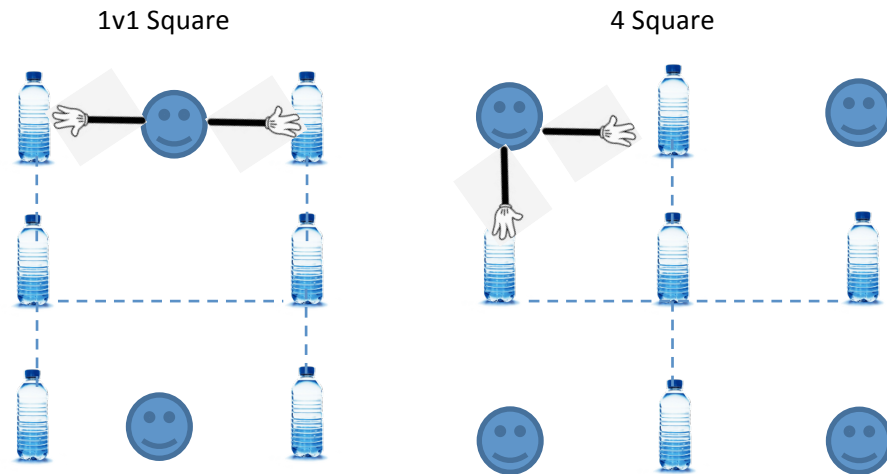


Mini Four Square

Supplies needed: 2 or 4 players, water bottles or shoes, ball, floor

Set up: The player with the shortest arm length will determine the court width. Player must be able to touch both water bottles when reaching out to their side. Player can be fully extended to make the court bigger, meaning they can lay down and reach.



1v1 Directions:

- Players will play on their knees and cannot move from their spot. Player can only reach with their arms or extending their body.
- Positioning: Players must stay in between the two water bottles on the outside. Players should be able to touch the two water bottles to their sides.
- The player with the shortest arm length will start with the ball.
- The player will bounce the ball on their side 1 time before hitting it over to the other side.
- Players may use one or both hands. (Players can agree on rules prior to game)
- If the ball bounces twice on the opponent's side or the opponent misses the ball, the player gets 1 point. Games can be played up to 10.

4 Square Directions:

- Players will play on their knees and cannot move from their spot. Player can only reach with their arms or extending their body.
- Positioning: Players must stay in the corner making a square with the other 3 water bottles. Players should be able to touch the water bottles to their right and left. Players do not need to be able to touch the bottle in the middle.
- Player with the shortest arm length with start with the ball.
- Player will bounce the ball on their side 1 time before hitting it over to the other side.
- Players may use one or both hands. (Players can agree on rules prior to game)
- If the ball bounces twice on a player's side or the player misses the ball, that player is out and another player may come in. Games can be played until players are content. 😊