As coaches are constantly looking for ways and means of preparing their footballers in a functional, integrated way i.e. aspects of skill, fitness and decision making, then the ‘initiative square’ has the capacity to combine all these elements.

- Size of square and numbers involved allows us to adjust the work/rest ratio i.e. 40→60m square and 16→24 players.
- Can underpin a method of roles (game plan) by requiring a specific or basic ball movement e.g. one or two (at the most) handballs, followed by a kick.
- Provide multiple options each time the player kicks, assisting with choosing the right/best option.
- All ground balls must be handballed off to create the right habit and run to support.

- Whichever corner the ball carrier is facing when required to kick must provide two leading options in different directions down the line.
- Ball carrier selects the best option to ensure possession retained. The leading option not used, re-sets their starting position by returning quickly to the original corner.

- Once the ball is kicked and marked/gathered, it must be given off with hands immediately to the supporting runner coming face on / opposite direction.
- A further handball to another running supporting player brings the kicking player back into the field of play.
- Players are forced to bring both their bodies and their brains to this activity.
- They must make decisions constantly about where and when they run.
- It tests their skills both hands and feet on both sides of their bodies.
- If they choose to remain involved (use any corner for recovery and never hover/rest inside the square - work area only), it becomes a very demanding exercise.
- Add a defensive, tackling, bag-carrying opposition in each corner of the square to increase the pressure on skill and decision-making.