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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Compass (Yell Drill) | | **Target: 7 to 11**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  Moderate |
| **Description:**   * Coach stands at the front of the group – indicates which way is North, South, East, West. He then calls one of these 4 directions. * The children can run, hop, jump, skip in that direction. | **Equipment:**   * Balls * Hockey Sticks | | |
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| **Variations:**   * Add in NE, SW, SE etc. * Add in equipment * Make a child be the ‘caller’ |
| **Keep an eye on:**   * Movement Skills * Awareness of Space |
| **Other Benefits:**   * Communication * Coordination | **Coach’s Comments:** | | |