|  |
| --- |
| **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
 |
|  |
| **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:** |