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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Four Corner Balance/Yell Drill | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance/  Agility |
| **Intensity Level:**  High |
| **Description:**  Children find a spot facing the coach. They need about 3 feet of room around them.  The coach shows the four positions (1,2,3,4/North, South, East, West/Forward, Back, Left, Right; depending on children’s age)  On the coach’s instruction they jump/hop/skip to the right position (they can stay there or return back to starting position; this is the coach’s choice).  The coach can shout other instructions:   * Dive: children dive forward and get up again quickly * Drop: children drop on the floor (sit/lay) and up again * Save Right/Left: children pretend to make a save and back up again * Jump: children jump as high as they can and land on balance * Press-up: children get down do a press up and back up * Quick feet: children tap the floor on their toes very quickly | **Equipment:**   * None | | |
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| **Variations:**   * Instead of hopping to face a particular direction, the children move or jump in that direction (i.e. sideways, forward, backwards) * Have a child shout out the instructions |
| **Keep an eye on:**   * Concentration span * Children favouring one side/direction over another * Efficiency of transitions between different movements/directions |
| **Other Benefits:**   * General fitness * Connection | **Coach’s Comments:** | | |