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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
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| **Keep an eye on:*** Concentration span
* Children favouring one side/direction over another
* Efficiency of transitions between different movements/directions
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| **Other Benefits:*** General fitness
* Connection
 | **Coach’s Comments:** |