



Movement Skills: Compass

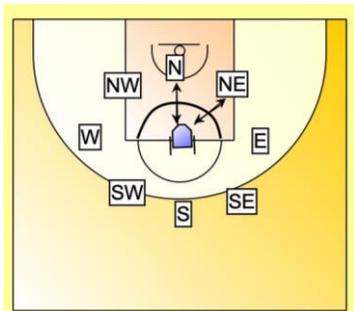


FIGURE 1

OBJECTIVE: To pivot and push quickly and efficiently.

Instructions:

1. Set up in the middle of the compass (can use markers or imaginary spots). (Figure 1)
2. One push forward to N, then one pull back to centre.
3. One push forward to NE, then pull back to centre.
4. Continue to E, SE, S, SW, W, NW until back to N.
5. At the end of the designated reps or time, repeat going counterclockwise.

Round 1: Clockwise to all 8 points in order, continuing until time expires.

Round 2: Counterclockwise.

Round 3: 90 degrees clockwise N-E-S-W; then NE-SE-SW-NW alternately.

Round 4: 90 degrees counterclockwise (same as Round 3). Each circuit adjust 1/8th.

Round 5 & 6: Side to side: N-NW-NE-W-E-SW-SE-S. Clockwise then counterclockwise.

Round 7 & 8: Start at N. After backing up, U-turn to NE, then back up and U-turn to N. Do each point and return to N. Clockwise then counterclockwise.

Activity Rules / Games Approach:

- Make sure footplate bar reaches the marker or line.
- Return to centre each time.

Coaches Key Points:

- Players should return hands quickly to the ready position (between 12 and 1 o'clock) and keep body balanced above the axles and centred in chair.
- Players should lean forwards or backwards as required.

Variations/Loading:

- Reaction variation: coach or partner can call out a direction to enhance reaction.
- Go forwards only (e.g. turn at every compass point and at the middle).
- Go backwards only.
- Create challenging patterns of movement.

Mental:

- Develop automaticity through repetition and concentration.
- Use focus and refocus techniques to maintain effort and intensity.
- Use cue words for energy and intensity.