



Movements Skills: Quadrants

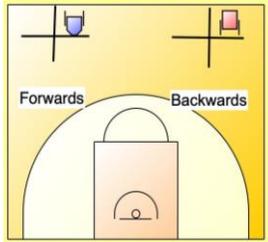


FIGURE 1

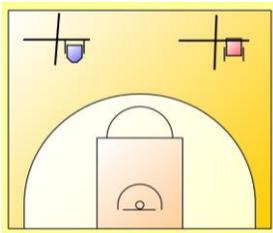


FIGURE 2

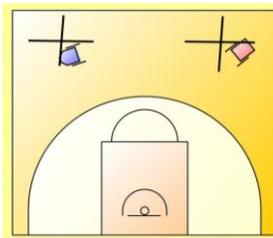


FIGURE 3

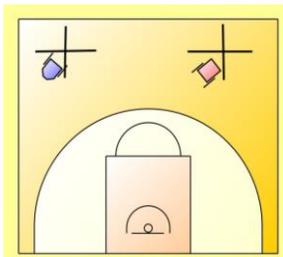


FIGURE 4

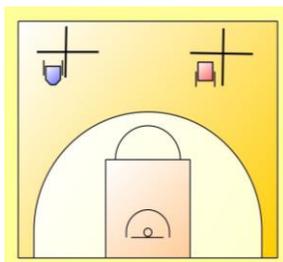


FIGURE 5

OBJECTIVE: To develop chair skills to move laterally and readjust chair position.

Setup: Find a set of lines on the gym floor that form a cross/4 quadrants. (Figure 1)

Instructions:

1. Go from top right to top left without crossing the top X axis line. (Figure 1)
2. Start in top right. (Figure 1)
3. Move across the Y axis line with all 4 wheels into bottom right. (Figure 2)
4. Then angle across the Bottom X axis into bottom left. (Figure 3)
5. Move up into top left. (Figure 4)
6. Repeat in the opposite direction (never touching the top X axis line). (Figure 5)

Activity Rules / Games Approach:

- Set the number of repetitions OR time (e.g. 1 or 2 minutes).

Coach's Key Points:

- Emphasize the outside hand moving first and further.
- Players should reset hand position (hands first, head second).
- Remind player of hand moving at different speeds.

Variations/Loading:

- Compete with other players to complete the most quadrants.
- After the first push/pull, use trunk movements to turn chair.

Mental:

- Players should focus on the process of the smooth move, gradually increasing the tempo.
- Use cue words like "Right-Left".