

Control Description Writing

Preparation:

Print out the word search below.

Give each person a pen

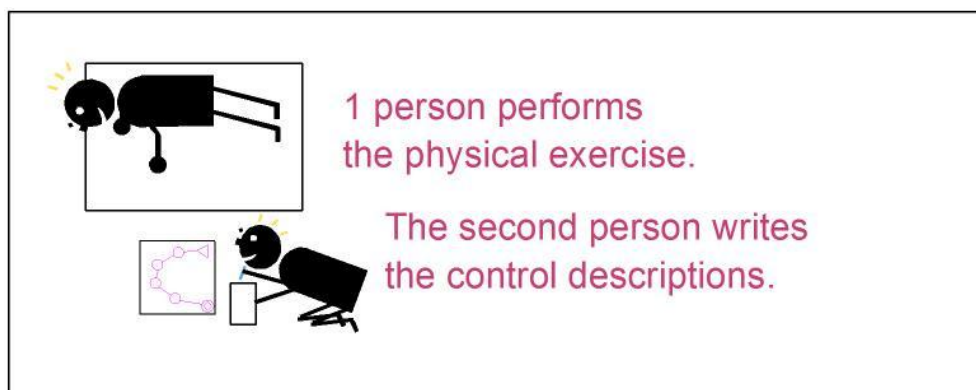


Diagram 1

How it works:

Person 1 does the exercise for the prescribed period of time (e.g. 45 seconds). Whilst person 1 is performing the exercise the second person tries to find the list of words within the grid of letters. Words can appear forwards, backwards, vertically, horizontally or diagonally. When a word is found it should be circled using the pen. Each person takes the word search around the circuit with them and works on it during the rest period. This fairly easy to put together yourself so consider some themed variations.

At the end of the circuit training session the coach can give out the solution sheet, this has the words highlighted in red. Participants can work out how many they have got right.

Word Search

A	T	C	A	W	E	R	T	Y	U	I	O	D	P	S	A	D	F	G	H	J	K	L	Z	X
Q	I	O	L	Q	Z	Z	U	J	T	B	E	A	E	R	V	B	Y	U	F	R	A	S	Y	B
A	C	M	P	E	L	A	Y	M	S	G	W	O	D	T	F	G	G	B	V	E	Q	E	H	T
Z	K	L	I	T	P	S	K	N	O	L	L	L	G	N	I	R	E	E	T	T	E	I	R	O
W	O	P	O	N	P	X	T	K	L	R	S	N	C	Y	R	G	V	A	B	D	P	D	N	G
S	F	Q	K	U	G	C	H	I	H	R	X	W	V	G	E	T	C	R	U	P	S	R	J	D
X	F	A	M	O	R	O	U	T	E	C	H	O	I	C	E	Y	F	I	G	D	L	F	K	E
E	F	W	H	P	O	V	F	O	T	F	Z	D	B	O	E	C	O	N	T	R	O	L	O	S
D	E	Z	T	A	L	F	M	F	Y	V	A	R	N	M	D	H	T	G	T	D	G	A	R	C
C	A	S	R	S	I	E	L	A	C	S	Q	T	H	P	C	T	R	H	Y	E	K	C	L	R
R	T	E	O	X	K	E	N	L	H	D	I	H	J	A	X	N	D	B	H	W	N	V	P	I
F	U	E	N	I	L	R	U	O	T	N	O	C	U	S	S	I	M	R	O	F	T	A	L	P
V	R	X	I	C	M	F	B	P	M	C	W	N	A	S	W	R	G	N	N	W	K	T	L	T
T	E	D	J	D	N	O	I	T	A	C	O	L	E	R	Q	P	X	N	M	S	J	G	O	I
G	K	R	N	E	J	R	E	S	U	L	T	S	I	D	D	S	Z	J	I	X	H	B	I	O
R	U	I	N	W	Y	M	G	I	K	D	S	U	P	C	A	N	S	I	J	B	Y	H	K	N
B	I	C	B	Q	T	L	G	P	P	A	C	I	N	G	Z	A	E	O	U	Z	M	Y	M	S
Y	U	F	U	R	H	I	T	I	L	E	X	I	O	E	X	B	W	K	L	A	G	U	J	F
H	J	T	Y	G	U	N	D	E	R	G	R	O	W	T	H	R	A	M	O	Q	F	N	H	V
N	M	V	G	B	N	E	R	P	O	D	C	K	L	W	S	U	Q	L	P	W	D	J	U	T

AIMINGOFF

BEARING

COMPASS

CONTOURLINE

CONTROL

CRAG

DESCRIPTIONS

DOWNLOAD

FORMLINE

KNOLL

LOST

NORTH

ORIENTEERING

PACING

PLATFORM

RELOCATION

RESULTS

ROUTECHOICE

RUIN

SCALE

SICARD

SPUR

TICKOFFFEATURE

THUMBING

UNDERGROWTH

URBANSPRINT

Solutions

A	T	C	A	W	E	R	T	Y	U	I	O	D	P	S	A	D	F	G	H	J	K	L	Z	X
Q	I	O	L	Q	Z	Z	U	J	T	B	E	A	E	R	V	B	Y	U	F	R	A	S	Y	B
A	C	M	P	E	L	A	Y	M	S	G	W	O	D	T	F	G	G	B	V	E	Q	E	H	T
Z	K	L	I	T	P	S	K	N	O	L	L	L	G	N	I	R	E	E	T	T	E	I	R	O
W	O	P	O	N	P	X	T	K	L	R	S	N	C	Y	R	G	V	A	B	D	P	D	N	G
S	F	Q	K	U	G	C	H	I	H	R	X	W	V	G	E	T	C	R	U	P	S	R	J	D
X	F	A	M	O	R	O	U	T	E	C	H	O	I	C	E	Y	F	I	G	D	L	F	K	E
E	F	W	H	P	O	V	F	O	T	F	Z	D	B	O	E	C	O	N	T	R	O	L	O	S
D	E	Z	T	A	L	F	M	F	Y	V	A	R	N	M	D	H	T	G	T	D	G	A	R	C
C	A	S	R	S	I	E	L	A	C	S	Q	T	H	P	C	T	R	H	Y	E	K	C	L	R
R	T	E	O	X	K	E	N	L	H	D	I	H	J	A	X	N	D	B	H	W	N	V	P	I
F	U	E	N	I	L	R	U	O	T	N	O	C	U	S	S	I	M	R	O	F	T	A	L	P
V	R	X	I	C	M	F	B	P	M	C	W	N	A	S	W	R	G	N	N	W	K	T	L	T
T	E	D	J	D	N	O	I	T	A	C	O	L	E	R	Q	P	X	N	M	S	J	G	O	I
G	K	R	N	E	J	R	E	S	U	L	T	S	I	D	D	S	Z	J	I	X	H	B	I	O
R	U	I	N	W	Y	M	G	I	K	D	S	U	P	C	A	N	S	I	J	B	Y	H	K	N
B	I	C	B	Q	T	L	G	P	P	A	C	I	N	G	Z	A	E	O	U	Z	M	Y	M	S
Y	U	F	U	R	H	I	T	I	L	E	X	I	O	E	X	B	W	K	L	A	G	U	J	F
H	J	T	Y	G	U	N	D	E	R	G	R	O	W	T	H	R	A	M	O	Q	F	N	H	V
N	M	V	G	B	N	E	R	P	O	D	C	K	L	W	S	U	Q	L	P	W	D	J	U	T