



Fox Den Target Toss

1

Active Flashcards

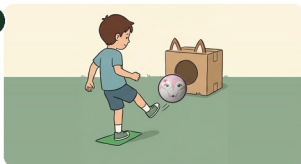
Fox is hungry! Can you kick the ball into her den?

Set-Up

A grown-up cuts a big hole in a box. Draw fox ears on top, and put a marker 3–5 steps away.

How to Play

1



Stand on your mark and kick the ball into Fox's mouth!

2



Dribble around. Shout "Lunchtime!", stop and shoot!

3



Missed? Stop the ball with one touch and try again.

Tired? Touch Fox's paw print for a speed boost!

You need: Ball, cardboard box, a pen





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Coach's Notes: for grown-ups

What to look for

- Do they look at the box before they kick?
- Do they use the inside of the foot to aim?
- Can they stop the ball before kicking it?

Aim

Inside of foot

Stop the ball

Make it easier or harder

	Easier	Harder
Space	Move the marker closer (2–3 steps).	Move the marker back (6 steps).
Task	Kick a ball that isn't moving.	Dribble, shout "Lunchtime!", then shoot.
Equipment	Use a bigger box or a bigger hole.	Make the hole smaller.
Speed	Walk up to the ball.	Shoot as soon as the ball stops.

Inclusion ideas

- Players can roll the ball into the box with their hands, or kick from a seated position.
- Use a brightly coloured box and a ball with a bell inside.

Safety

Put the box against a wall or fence, away from windows. A grown-up does all the cutting.

