



Lion

Savannah Run

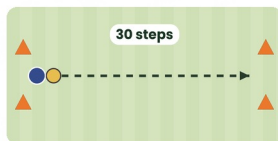
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Active Flashcards

Lions charge across the savannah. Big touch, big strides!

Set-Up

Put 2 cones at each end of a straight run, 30 big steps long.



How to Play

1



Look up, then kick Lion a few steps ahead with the top of your foot.

2



Chase her with big, strong strides. Touch, chase, touch!

3



Stop her at the end cones with the bottom of your foot.

Coach's tip

Push Lion 3 or 4 steps ahead, then catch her before she escapes.

Level up

Get to the end in 6 kicks, then 5. Time each run.

You need: Ball, 4 cones, a timer





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1

Active Flashcards

Coach's Notes: for grown-ups

What to look for

- Do they look up before kicking the ball ahead?
- Is the kick far enough to run onto, but not too far?
- Do they stop the ball under control?

Look up

Kick ahead

Big strides

Make it easier or harder

	Easier	Harder
Space	Make the channel 20 steps long.	Make the channel narrower.
Task	Jog, with any number of touches.	Fewer touches, or weaker foot only.
Equipment	Use a bigger ball.	Use a smaller ball.
Speed	Jog, no clock.	Time each run and beat your best.

Inclusion ideas

- Allow walking pace, or carrying the ball and placing it at the end.
- Put a bright cone 3 steps before the end as a 'slow down' signal.

Safety

Leave plenty of run-off space past the end line.

