



Fox in the Forest

2

Active Flashcards

You are a Rabbit! Dribble through the forest and watch out for the sneaky Fox.

Set-Up

Make a square forest with 4 cones and put more cones (trees) inside. One player is the Fox, with no ball.

How to Play

1



Dribble around the trees without touching them.

2



The Fox tries to gently tap your ball away.

3



Ball tapped away? Do 5 toe taps, then jump back in!

Sticky feet! Keep the ball close and look up for the Fox.

You need: A ball each, cones, 2-4 players





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Coach's Notes: for grown-ups

What to look for

- Do they keep the ball close as they dribble?
- Do they look up to spot the Fox?
- Do they change direction to get away?

Ball close

Look up

Change direction

Make it easier or harder

	Easier	Harder
Space	Make the forest bigger.	Make the forest smaller.
Task	Walk with the ball.	Weaker foot only.
Equipment	Use fewer trees (cones).	Add more trees.
Speed	The Fox can only walk.	Add a second Fox.

Inclusion ideas

- Make a safe zone where Rabbits can't be tapped.
- Players can carry the ball or move it with their hands.

Safety

The Fox only taps the ball. No pushing, tripping or grabbing.

