



Lion Power Strike

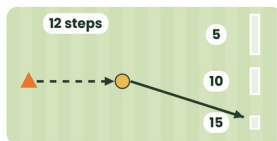
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Active Flashcards

Lions are powerful. Strike Lion with all your strength!

Set-Up

Use cones to make 3 goals: wide, middle and narrow. Start 12 big steps away.



How to Play

1



Dribble from the cone, then tap Lion once to get her ready.

2



Put your other foot next to Lion and kick with the top of your foot.

3



Pick a goal: wide 5, middle 10, narrow 15 points!

Coach's tip

Point your toes down, keep your ankle firm and watch Lion as you kick.

Level up

Score 50 points in 10 shots, then use your other foot.

You need: Ball, 6 cones or jumpers





Lion Power Strike

2

Active Flashcards

Coach's Notes: for grown-ups

What to look for

- Is their non-kicking foot right beside the ball?
- Are their toes pointing down and ankle firm as they kick?
- Does the kicking leg keep swinging towards the goal?

Shooting

Toes down

Watch the ball

Make it easier or harder

	Easier	Harder
Space	Move closer, to 8 steps.	Move further back, to 15 steps.
Task	Kick a ball that isn't moving.	Only 2 touches, or use the weaker foot.
Equipment	Make the goals wider and use a softer ball.	Make the goals narrower.
Speed	Walk up and kick.	Dribble fast, then kick.

Inclusion ideas

- Players can kick from a seated position, or roll the ball with their hands.
- Count every goal the same, or use a bigger, softer ball.

Safety

Shoot away from windows and people. Fetch the ball after each shot.

