



Turtle Shell Square

2

Active Flashcards

Turtles never let their shell get away. Keep Turtle glued to your feet!

Set-Up

Put 4 cones in a square, 5 big steps apart. Play inside it. Do each move for 30 seconds, then rest for 30.



How to Play



Put the bottom of your foot on Turtle and roll her side to side.



Push Turtle out with the little-toe side of your foot, then back with the big-toe side.



Roll Turtle back with the bottom of your foot, then push her forward with the top.

Coach's tip

Light, tiny touches. Turtle is never more than a shoe away.

Level up

Count your touches in 30 seconds, then beat it while looking up.

You need: Ball, 4 cones, a timer



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Coach's Notes: for grown-ups

What to look for

- Are they up on their toes, using light taps?
- Does the ball stay within a shoe's length of their feet?
- Do they look up between taps?

Soft taps

Ball close

Look up

Make it easier or harder

	Easier	Harder
Space	Make the square bigger.	Make the square smaller.
Task	Walk each move slowly for 20 seconds.	Mix the moves in any order. Use your other foot.
Equipment	Use a softer, lighter ball.	Use a smaller ball (size 1 or 2).
Speed	Slow and steady, counting each tap.	As many taps as you can in 30 seconds.

Inclusion ideas

- Seated players can roll and tap the ball from a chair.
- Use a bright ball and bright cones for players who find it hard to see.

Safety

Flat, dry grass. Rest for 30 seconds between moves.

