



Bunny Box Shuffles

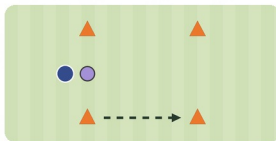
3

Active Flashcards

Quick bunny feet! Tick-tock Bunny from foot to foot.

Set-Up

Make a small box with 4 cones, 3 big steps apart. Stand at one corner.



How to Play

1



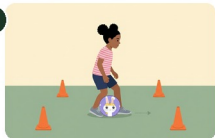
Stand with Bunny between your feet, up on your toes.

2



Tap her from one foot to the other with the inside of each foot (tick-tock).

3



Keep tick-tocking as you shuffle sideways along each side of the box.

Coach's tip

Soft, quick taps. Keep your head up.

Level up

Count your taps in 30 seconds, then beat it.

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, not flat-footed?
- Do they use the inside of each foot?
- Can they keep tapping while they move sideways?

Tick-tock

On your toes

Head up

Make it easier or harder

	Easier	Harder
Space	Make the box bigger.	Make the box smaller.
Task	Tap standing still.	Tap moving sideways and backwards.
Equipment	Use a bigger, softer ball.	Use a smaller ball.
Speed	Slow taps, no timer.	Count taps in 30 seconds and beat it.

Inclusion ideas

- Seated players can tap the ball between their feet from a chair.
- Use a ball with a bell inside so players can hear it.

Safety

Flat, dry ground. Rest after each 30 seconds.

