



The Sleeping Fox

3

Active Flashcards

Shh! The Fox is asleep. Can you sneak past her?

Set-Up

A grown-up is the Fox, with their back turned. You start at the other end.

How to Play

1



Dribble quietly towards the sleeping Fox.

2



“The Fox is awake!”
Stop the ball with your foot and freeze!

3



Wobbled? Back to the start! Reach the Fox to win a point.

Level 2: do 5 toe taps before you sneak again.

You need: Ball, 2 players





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Coach's Notes: for grown-ups

What to look for

- Do they use small touches so they can stop quickly?
- Do they stop the ball with the bottom of the foot?
- Can they stay still and balanced?

Small touches

Stop

Freeze

Make it easier or harder

	Easier	Harder
Space	Start closer to the Fox.	Start further away.
Task	Stop the ball with any part of the foot.	Do 5 toe taps before sneaking again.
Equipment	Use a bigger, softer ball.	Use a smaller ball.
Speed	Walk with the ball.	The Fox turns round more often.

Inclusion ideas

- Players can carry the ball and freeze holding it.
- The Fox raises a hand as well as shouting, for players who find hearing hard.

Safety

Play on grass with plenty of space. The Fox turns round slowly.

