



Lion Long Pass

3

Active Flashcards

A lion's roar travels far. Drive Lion through the gate!

Set-Up

Make a gate (2 cones, 2 steps apart) 15 big steps from a start cone.

15 steps



How to Play

1



Run up from slightly to the side, arms out for balance.

2



Kick the middle of Lion with the top of your foot so she rolls low.

3



Get Lion, turn round and kick her back. Do 10 with each foot.

Coach's tip

Hit the middle of the ball, not underneath, to keep it low.

Level up

Move back to 20 steps, then make the gate 1 step wide.

You need: Ball, 3 cones





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Coach's Notes: for grown-ups

What to look for

- Do they run up from slightly to the side?
- Do they kick the middle of the ball to keep it low?
- Does the ball go straight through the gate?

Low pass

Middle of ball

Aim

Make it easier or harder

	Easier	Harder
Space	Move closer, to 10 steps, with a wider gate.	Move back to 20 steps with a 1-step gate.
Task	Pass with the inside of the foot.	One tap, then kick. Use the weaker foot.
Equipment	Use a softer ball.	Use smaller cones for the gate.
Speed	Kick a ball that isn't moving.	Dribble, then kick without stopping the ball.

Inclusion ideas

- Players can roll or throw the ball through the gate.
- Use a ball with a bell inside, or a brightly coloured ball.

Safety

Check the area beyond the gate is clear before every kick.

