



Bunny Shuttle Runs

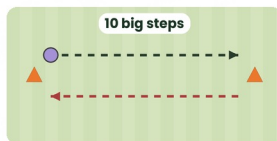
4

Active Flashcards

Bunnies dash away and dart back. How fast can you go?

Set-Up

Put 2 cones 10 big steps apart.
Start at one cone with Bunny.



How to Play

1



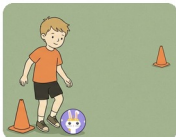
Dribble Bunny to the far cone. Stop her completely and leave her there.

2



Sprint back and touch the start cone.

3



Sprint back to Bunny and dribble her home.

Coach's tip

Take small steps to slow down before you stop and turn.

Level up

Time each go. Can you beat your best?

You need: Ball, 2 cones, a timer





Bunny Shuttle Runs

4

Active Flashcards

Coach's Notes: for grown-ups

What to look for

- Do they stop Bunny dead before leaving her?
- Do they slow down with small steps before turning?
- Do they sprint, then dribble with small touches?

Stop

Turn

Sprint

Make it easier or harder

	Easier	Harder
Space	Put the cones 6 big steps apart.	Put the cones 15 big steps apart.
Task	Walk back instead of sprinting.	Use only the weaker foot to dribble.
Equipment	Use a bigger, softer ball.	Use a smaller ball.
Speed	No timer.	Time each go and beat your best.

Inclusion ideas

- Players can walk or wheel, carrying Bunny and placing her by the cone.
- Use brightly coloured cones at each end.

Safety

Leave plenty of space past each cone to slow down safely.

