



The Fox Pounce

4

Active Flashcards

Pounce like a fox: stop the ball in one touch!

Set-Up

Stand 5 big steps from your partner, facing each other.



How to Play

1



Partner rolls Fox.
Pounce: stop her with one touch!

2



Partner bounces Fox to you. Stop her softly with your thigh or foot.

3



Pass Fox back with the inside of your foot.

1 point for every one-touch stop. Can you get 10?

You need: Ball, a partner





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Coach's Notes: for grown-ups

What to look for

- Do they move their feet to get in line with the ball?
- Do they stop it with one touch?
- Do they soften the touch on a bouncing ball?

One touch

Soft feet

Pass back

Make it easier or harder

	Easier	Harder
Space	Stand closer together.	Stand further apart.
Task	Partner rolls the ball slowly.	Partner throws a higher bounce.
Equipment	Use a bigger, softer ball.	Use a smaller ball.
Speed	Roll it gently.	Roll it faster, or to either side.

Inclusion ideas

- Players can stop the ball with their hands or from a seated position.
- Keep the ball rolling along the ground only.

Safety

Throw underarm and below waist height.

