



Lion Pride Circuit

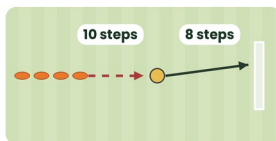
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Active Flashcards

Lions are strong from nose to tail. Leap, sprint, shoot!

Set-Up

Put down 4 flat markers, 2 big steps apart. Put Lion 10 steps on, then a goal 8 steps after.



How to Play

1



Take giant leaps from marker to marker. Land softly!

2



Sprint to Lion with big, powerful strides.

3



Kick her straight at the goal without stopping her. Roar if you score!

Coach's tip

Bend your knees when you land, then run as fast as you can.

Level up

Do 6 rounds. Add a 5th marker, or spread them further apart.

You need: Ball, 4 flat markers, 2 cones



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Coach's Notes: for grown-ups

What to look for

- Do they land softly, with bent knees?
- Do they drive their arms when they sprint?
- Do they kick the ball without stopping it first?

Leap

Sprint

Shoot

Make it easier or harder

	Easier	Harder
Space	Shorten the sprint.	Lengthen the sprint.
Task	Take small leaps and stop the ball before kicking.	Spread the markers further, and finish with the weaker foot.
Equipment	Use flat markers and a bigger goal.	Use a smaller goal.
Speed	Walk between stations.	Time 6 rounds and beat your best.

Inclusion ideas

- Swap the leaps for any movement: walking, stepping or wheeling.
- Players can shoot from a still position with hands or feet.

Safety

Use flat markers, never cones, to leap between. Rest between rounds.

