



Turtle Figure of Eight

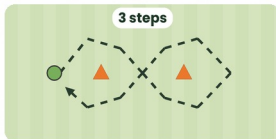
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Active Flashcards

Slow and steady wins! Weave tight loops and keep Turtle close.

Set-Up

Put 2 cones 3 steps apart. Start next to the first cone.



How to Play

1



Go round the first cone with the big-toe side of your foot.

2



Cross between the cones. Go round the second one with the little-toe side of your foot.

3



Do 5 figures of eight (like the number 8), then go the other way.

Coach's tip

Lean into each turn and touch the ball with every step.

Level up

Time 5 loops. Then use only the foot you don't usually kick with.

You need: Ball, 2 cones, a timer





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Coach's Notes: for grown-ups

What to look for

- Do they lean into the turns?
- Do they use both sides of the foot (big-toe side and little-toe side)?
- Is the ball still close as they turn?

Little taps

Turning

Lean in

Make it easier or harder

	Easier	Harder
Space	Put the cones further apart.	Put the cones 2 steps apart.
Task	Walk it. One loop at a time.	Other foot only, or bottom of the foot only.
Equipment	Use a softer, lighter ball.	Use a smaller ball (size 1 or 2).
Speed	Take your time.	Time 5 loops and beat your best.

Inclusion ideas

- Wheelchair users can carry the ball on their lap round the cones.
- Use a ball with a bell inside so players can hear where it is.

Safety

Leave space around the cones and play on dry, non-slip grass.

