Bunny Zig-Zag

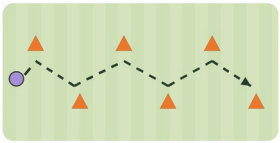
5

Active Flashcards

Bunnies dart left and right to escape. Zig-zag like a bunny!

Set-Up

Put 6 cones in a zig-zag, 3 big steps apart.



How to Play

1.

   Dribble to the first cone with small touches.

2.

   Quickly change direction: push Bunny across your body to the next cone.

3.

   Zig-zag to the end, then race back to the start.

Coach's tip
Small touches near each cone, then a quick push away.

Level up
Cut using only the outside of your foot.

You need: Ball, 6 cones

Bunny Zig-Zag

5

Active Flashcards

Coach's Notes: for grown-ups

What to look for

- Do they use small touches as they reach each cone?
- Do they cut the ball sharply across their body?
- Do they speed up after each cut?

Cut | Quick feet | Change direction

Make it easier or harder

	Easier	Harder
Space	Put the cones further apart.	Put the cones closer together.
Task	Walk through the zig-zag.	Cut with the outside of the foot only.
Equipment	Use a bigger, softer ball.	Use a smaller ball.
Speed	No timer.	Time the run and beat it.

Inclusion ideas

- Players can push the ball through with their hands or a stick.
- Use bright cones and a brightly coloured ball.

Safety Leave space around each cone so nobody trips.