



The Tricky Fox

5

Active Flashcards

Foxes are tricky! Use your best moves on the Hound.

Set-Up

Put a cone (the Hound) 10 big steps away.



How to Play

1



Trick 1: dribble at the Hound and swing your foot round Fox (a step-over).

2



Trick 2: roll Fox back with the bottom of your foot and turn away.

3



Now beat the Hound 5 times. Mix up your tricks!

Hard mode: use the foot you don't usually kick with!

You need: Ball, 1 cone





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Coach's Notes: for grown-ups

What to look for

- Do they dribble straight at the cone before the trick?
- Do they lean their body to fake?
- Do they speed up after the trick?

Trick

Fake

Speed away

Make it easier or harder

	Easier	Harder
Space	Put the cone closer.	Put the cone further away.
Task	Just dribble round the cone.	Use 3 different tricks.
Equipment	Use a bigger cone.	Use 2 cones close together.
Speed	Walk.	Time 5 goes and beat it.

Inclusion ideas

- Players can push the ball round the cone with their hands or a stick.
- Use a brightly coloured cone so it's easy to see.

Safety

Leave plenty of space round the cone to speed away.

