



The Lion's Den Drag

5

Active Flashcards

Lions are strong from nose to tail. Drag Lion all the way home to your den!

Set-Up

Put a hoop or rug down as the den. Put Lion 5 big steps away.



How to Play

1



Bear crawl to Lion: hands and feet down, knees just off the ground.

2



Sit down, squeeze Lion between your ankles and scoot backwards to the den.

3



In the den, push Lion from your chest up to the sky 5 times. ROAR!

Coach's tip

Keep your back flat and your knees just off the ground.

Level up

Put Lion 8 steps away, or do 10 Lion Presses.

You need: Ball, a hoop or rug





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Coach's Notes: for grown-ups

Ages 5–8 · 10 minutes

What to look for

- Are their knees off the ground in the bear crawl?
- Do they keep Lion squeezed between their ankles?
- Do they push the ball all the way up, arms straight?

Strong core

Squeeze

Push up

Make it easier or harder

	Easier	Harder
Space	Put Lion 3 steps away.	Put Lion 8 steps away.
Task	Carry Lion back in your hands.	Bear crawl back, pushing Lion along with one hand.
Equipment	Use a lighter, softer ball.	Use a slightly heavier ball.
Speed	Take your time.	Time the whole trip and beat it.

Inclusion ideas

- Players can crawl on their knees or scoot on their bottom instead.
- Lion Presses can be done sitting down.

Safety

Play on grass or a soft rug, not concrete.

