



Fox Fence Jump

6

Active Flashcards

Foxes leap fences on their night adventures!

Set-Up

Make 3 fences from rolled towels, 5 steps apart.



How to Play

1



Dribble at speed up to the first fence.

2



Scoop Fox over the fence with your toes, then jump over too!

3



Stop her with one touch, then on to the next fence.

Time yourself. Can you beat your best time?

You need: Ball, 3 towels, a timer





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Coach's Notes: for grown-ups

What to look for

- Do they stop the ball before the fence?
- Do they scoop under the ball to lift it?
- Do they land on two feet, softly?

Scoop

Jump

Land softly

Make it easier or harder

	Easier	Harder
Space	Put the fences further apart.	Put the fences closer together.
Task	Roll the ball over the towel.	Don't stop before scooping.
Equipment	Use flat towels.	Roll the towels a bit thicker.
Speed	Walk between fences.	Time each go and beat it.

Inclusion ideas

- Players can step over the towel instead of jumping.
- Players can roll the ball over with their hands.

Safety

Use soft towels only, never anything hard. Never stand on a towel.

