



The Pounce & Protect

6

Active Flashcards

Lions crouch low, then pounce! Grab Lion and keep her safe.

Set-Up

Put Lion on a cushion. Start 3 big steps away. A grown-up plays the hungry hyena.

3 big steps



Grown-up

How to Play

1



Crouch as low as you can, like a lion in the long grass.

2



On "ROAR!", pounce forward, grab Lion and lift her high above your head.

3



Drop Lion to your feet. Keep your body between Lion and the hyena for 10 seconds.

Coach's tip

Push off with both feet and land softly before you grab.

Level up

The grown-up says "ROAR!" at random times. Be ready!

You need: Ball, a cushion





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Coach's Notes: for grown-ups

Ages 3–8 · 10 minutes

What to look for

- Do they crouch low with bent knees?
- Do they push off with both feet?
- Do they keep their body between the ball and the grown-up?

Low

Pounce

Protect

Make it easier or harder

	Easier	Harder
Space	Start 2 steps away.	Start 5 steps away.
Task	Ages 3–4: just lift Lion from the ground to the sky 5 times.	Pounce, then dribble Lion back to the start.
Equipment	Use a softer, lighter ball.	Take the cushion away: grab from the ground.
Speed	Shield for 5 seconds.	Shield for 20 seconds.

Inclusion ideas

- Players can reach and lift from a seated position.
- Use a clap as well as "ROAR!" for children who find listening hard.

Safety

The grown-up only tries to touch the ball, never pushes. Soft ground.

