



Turtle Gates

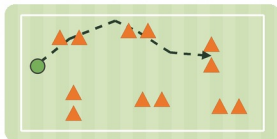
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Active Flashcards

Turtles peek out to spot danger. Find the gates with your head up!

Set-Up

Make 6 gates (2 cones, 1 big step apart). Spread them over a 15-step space.



How to Play

1



Tap Turtle through any gate with little kicks.

2



Turn and bring Turtle back through the same gate.

3



Look up, find a new gate. Score 1 point a gate in 1 minute!

Coach's tip

Glance up between touches, like a turtle peeking out of its shell.

Level up

Roll Turtle through every gate using only the bottom of your foot.

You need: Ball, 12 cones, a timer





Turtle Gates

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Coach's Notes: for grown-ups

What to look for

- Do they look up to find a free gate?
- Do they turn the ball with both sides of the foot?
- Do they speed up between gates?

Look up

Little taps

Speed up

Make it easier or harder

	Easier	Harder
Space	Bigger area and 2-step gates.	Half-step gates and fewer of them.
Task	Walk. Just go through, no turning back.	Use only the little-toe side of the foot.
Equipment	Use a softer, lighter ball.	Use a smaller ball (size 1 or 2).
Speed	No time limit.	Beat your 1-minute score.

Inclusion ideas

- Players can roll the ball with their hands or push it with a stick.
- Use bright cones so the gates are easy to see.

Safety

Spread the gates out, with space to turn between them.

