



Lion Throw & Chase

7

Active Flashcards

Strong lions throw far! Throw, chase, then freeze like a lion statue.

Set-Up

Put 2 cones 10 big steps apart.
Start at one cone with Lion.

10 big steps



How to Play

1



Throw Lion forwards like a throw-in: both hands behind your head, both feet on the ground.

2



Chase her, slow down, then stop her with the bottom of your foot.

3



Lion statue: stand on one leg, foot on Lion, for 5 seconds. Then kick her back!

Coach's tip

Lean back a little, then throw from behind your head to throw further.

Level up

Throw past the far cone, or hold the statue with arms folded.

You need: Ball, 2 cones



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Coach's Notes: for grown-ups

Ages 5–8 · 10 minutes

What to look for

- Are both feet on the ground when they throw?
- Does the ball start from behind their head?
- Can they hold the statue still for 5 seconds?

Throw

Chase

Balance

Make it easier or harder

	Easier	Harder
Space	Put the cones 6 steps apart.	Put the cones 15 steps apart.
Task	Roll the ball instead of throwing.	Hold the statue for 10 seconds.
Equipment	Use a lighter ball.	Use a smaller ball for the kick back.
Speed	Walk after the ball.	Time 5 goes and beat it.

Inclusion ideas

- Players can throw from a seated position and a grown-up fetches.
- Hold the statue with a hand on a chair or wall for balance.

Safety

Throw only when the area in front is clear.

