Bunny Wall Bounce

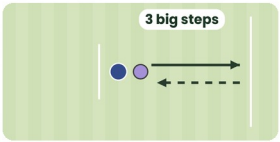
8

Active Flashcards

Bunnies are quick on their feet. Pass, hop and stop!

Set-Up

Stand 3 big steps from a strong wall. Put a rope or chalk line on the ground next to you.



How to Play

1.

   Pass Bunny against the wall with the inside of your foot.

2.

   Hop over the line and back while she comes back to you.

3.

   Stop her with the bottom of your foot. Go again!

Coach's tip
Stay on your toes so you're ready for the ball.

Level up
How many in 1 minute? Then use your other foot.

You need: Ball, a wall, a rope or chalk

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Coach's Notes: for grown-ups

What to look for

- Do they pass with the inside of the foot?
- Are they back on their toes before the ball returns?
- Do they stop the ball with the bottom of the foot?

Pass | Hop | Stop

Make it easier or harder

	Easier	Harder
Space	Stand closer to the wall.	Stand further from the wall.
Task	Skip the hop.	Hop twice, or use the weaker foot.
Equipment	Use a bigger, softer ball.	Use a smaller ball.
Speed	Take your time.	Count passes in 1 minute and beat it.

Inclusion ideas

- Players can roll the ball at the wall with their hands and stop it with hands or feet.
- Use a ball with a bell inside so players can hear it coming back.

Safety Use a strong wall with no windows nearby.