



Fox Trail Maker

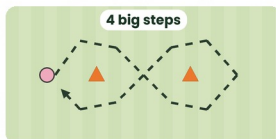
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Active Flashcards

Clever foxes make their own trails. Dribble a figure of eight, then invent your own!

Set-Up

Put 2 cones 4 big steps apart.



How to Play

1



Dribble Fox in a figure of eight round the cones. 1 point each time you pass a cone.

2



Now make up your own trail: a zig-zag, a circle or the first letter of your name.

3



Do your trail again from memory. Can someone copy it?

Coach's tip

Keep Fox close on the turns so she never escapes.

Level up

Best of 3 goes: how many points in 30 seconds?

You need: Ball, 2 cones, a timer





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Coach's Notes: for grown-ups

What to look for

- Do they keep the ball close on the turns?
- Do they use both feet?
- Can they repeat their own trail?

Close control

Invent

Remember

Make it easier or harder

	Easier	Harder
Space	Put the cones further apart.	Put the cones closer together.
Task	Walk the figure of eight.	Use only the foot you don't usually kick with.
Equipment	Use a bigger, softer ball.	Use a smaller ball.
Speed	No timer.	Count points in 30 seconds.

Inclusion ideas

- Players can push the ball round with their hands or a stick.
- Draw the trail in chalk first so it's easy to follow.

Safety

Flat ground with plenty of space around the cones.

