



Lion Power Taps

8

Active Flashcards

Lions march through the jungle, then burst into a charge!

Set-Up

Find a flat open space. Stand with Lion in front of you.



How to Play

1



Tap the top of Lion with the bottom of each foot in turn: left, right, left, right.

2



Speed up until you're hopping from foot to foot as you tap.

3



Keep tapping as you move Lion forwards, backwards and sideways.

Coach's tip

Tap gently on top of the ball and stay up on your toes.

Level up

After 20 taps, shout "ROAR!", big touch and sprint 5 steps, then stop and tap again.

You need: Ball





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Coach's Notes: for grown-ups

Ages 6–11 · 5–10 minutes

What to look for

- Do they tap gently on top of the ball?
- Are they up on their toes?
- Can they keep the rhythm while moving?

Rhythm

On your toes

Burst

Make it easier or harder

	Easier	Harder
Space	Stay in one spot.	Tap round a cone in a circle.
Task	Ages 6–8: slow, steady taps.	Count taps in 30 seconds and beat it.
Equipment	Use a bigger ball.	Use a smaller ball.
Speed	Slow march.	Fast hops, then the ROAR sprint.

Inclusion ideas

- Players can tap the ball from a seated position.
- Count the rhythm out loud: “left, right, left, right”.

Safety

Flat ground. Stop if the ball starts rolling away under your foot.

