

# PERSONAL BEST - Rugby



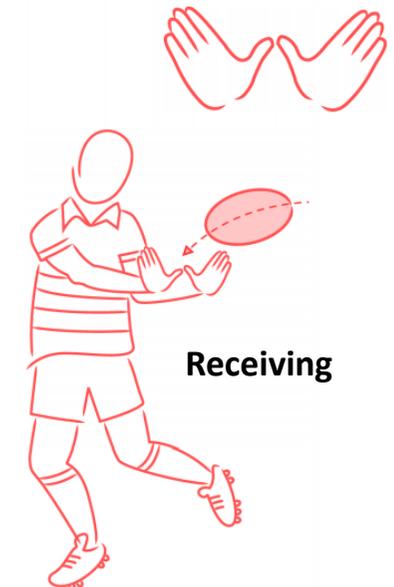
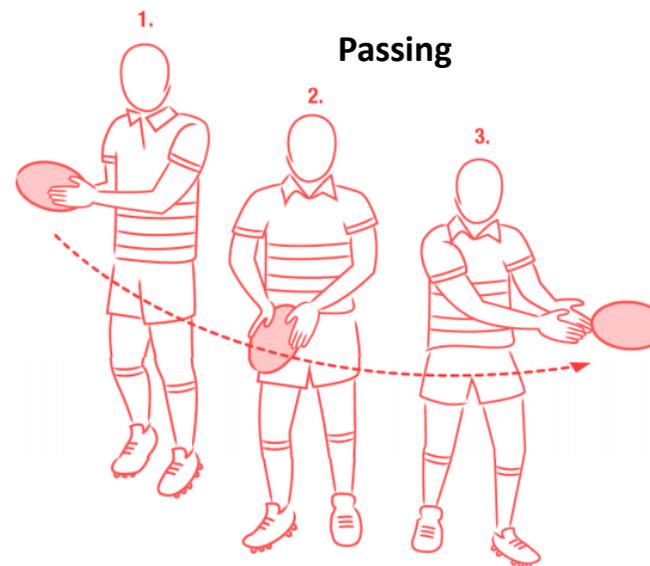
## Passing Challenge

### Quick Introduction

- In this challenge players try and make as many side on lateral rugby passes as possible in 60 seconds.

### Getting Started

- First find a partner.
- Get a rugby ball.
  - Year 3/4—Size 3
  - Years 5/6—Size 4
- Stand more than 5m away from each other.
  - Use cones to make out where 4m is.
- Get a stop watch.
- Press go and start counting.
- Add your scores to the score sheet



### Scoring System

- 1 point for every successful pass.
- Keep counting even if you drop the ball.

### Health and Safety

- Try not to move off your cone.
- If you drop the ball keep an eye out when collecting so you do not walk into another pair playing.

### Equipment Required (per pair)

- 2 cones
- 1 rugby ball
- Stop watch
- Score sheet

