

Rugby Target Pass

- If indoors place a chair (or other target) 3 – 5 metres away from you and go onto your knees.
- With your left side facing the chair(target) pass balls at target.
- 5 attempts and then swap to your right side facing target for 5.

Extra Challenge

- Place chair (target) further behind so that you have to twist more before passing.
- Try different sizes and shapes of balls or even soft toys.
- If outdoors use a friend or a bin as a target moving further away.

Equipment

Rugby balls, footballs, tennis balls, soft toys and a target (a chair, a bin or a wall).



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