



OPEN  
VIRTUAL  
GAMES

## WEEK 4 – RUGBY GRUBBER KICK CHALLENGE

This challenge has been set by **Lucas** from the **Harlequins Foundation**  
You can watch the challenge video on the London Youth Games [website](#)

### Challenge Description:

How many tries can you score in 30 seconds?

### Scoring:

You will receive 5 points every time you chase the ball and place it down between the cones.

### Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a rugby ball, you can use any other type of ball or soft object. If completing the challenge indoors, use a soft ball or object.

### Adapt for Ability and Inclusivity:

If you are unable to kick the ball, use a closed fist to hit the ball instead, making contact in the area between your thumb and forefinger. You or a partner can then retrieve the ball and place in the scoring zone. Alternatively, you could aim the adapted 'kick' at the target zone to score points. You can also use the adapted 'kick' if you struggle with your balance.

### Coaching Tips:

Drop the ball from waist height onto your kicking foot and kick the ball along the ground. To score a try, where possible place both hands on the ball and apply firm pressure to ground.

### Benefits From Challenge:

This challenge will help improve your grubber kick technique, speed and agility.

*Remember to submit your scores before Monday 15<sup>th</sup> March at 12.00pm via the London Youth Games [website](#). Share your challenge attempts on [Instagram](#), [Twitter](#), [Facebook](#) and [TikTok](#) using #ThisIsLYG to be in with a chance of winning our weekly MVP award and some Nike swag.*

