



OPEN
VIRTUAL
GAMES

WEEK 4 – RUGBY PASSING ACCURACY CHALLENGE

This challenge has been set by **Jack Pearce** from the
England Visually Impaired Rugby Team
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many points can you score in 3 attempts?

Scoring:

You will receive 5 points if you land the ball into the target, 3 points if you hit the rim of target and 1 point for hitting the bottom of the target.



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. You can use a bin, basket or any other object as your target.

Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. Try moving closer or increasing the size of your target to make this challenge slightly easier. Do the opposite to make it more difficult.

Coaching Tips:

Keep your eyes on the target to help with your accuracy, keep your elbows slightly bent at the start of the pass and swing your hands through an arc, keeping your elbows close to your body.

Benefits From Challenge:

This challenge will help you with your accuracy and passing technique.

Remember to submit your scores before Monday 15th 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.

PROUDLY SUPPORTED BY



Charity No: 1048705