



OPEN
VIRTUAL
GAMES

WEEK 4 – RUGBY SPREAD YOUR WINGS CHALLENGE

This challenge has been set by Joe Coyd from the England Wheelchair Rugby Team
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many passes can you complete in 60 seconds?

Scoring:

You will receive 1 point each time you pass the ball from one hand to the other.



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.

Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. If you are struggling to grip a rugby ball, then use a smaller ball or a water bottle. If the challenge is too easy then slow down your rotations and pause during the outward motion to put more pressure on your grip strength.

Coaching Tips:

Stretch your arms out and try to make sure your hand is right around the middle of the ball. Keep your arms as straight as possible when you rotate with your body facing forward. Try not to grip the ball too hard so that you feel the main pressure in your fingertips.

Benefits From Challenge:

This challenge will help you with your grip and core strength.

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.

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