



PE SKILL SCHOOL

CHALLENGE #11

RUGBY 3 BAR CHALLENGE!

HOW MANY
PASSES CAN YOU HIT ALL 3
BARS IN?

RULES!

- 1) You need a rugby ball, a marker and a set of posts.
- 2) Take 2 large steps from the goal line and place the marker.
- 3) Pass the ball towards each post and the crossbar in turn.
- 4) When you have hit one bar, move onto the next.
- 5) All passes must be made from the marker.
- 5) Count how many passes it takes you to hit all 3 bars.



TIPS!

- Point your front foot at the target.
- Use the hand at the back of the ball to generate power and the hand at the front to aid direction.
- Follow through so that your hands point at the target on release of the ball.

WHAT'S YOUR STANDARD?



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