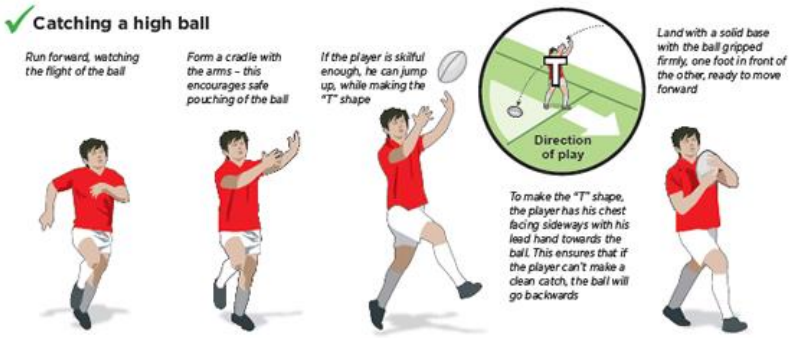
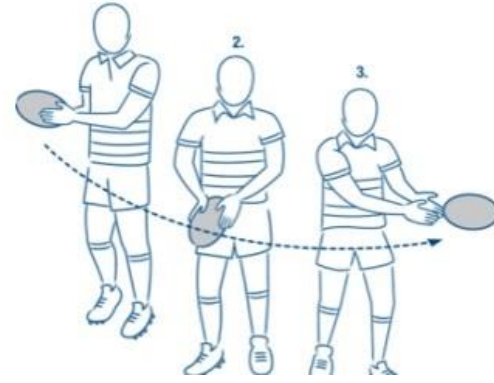
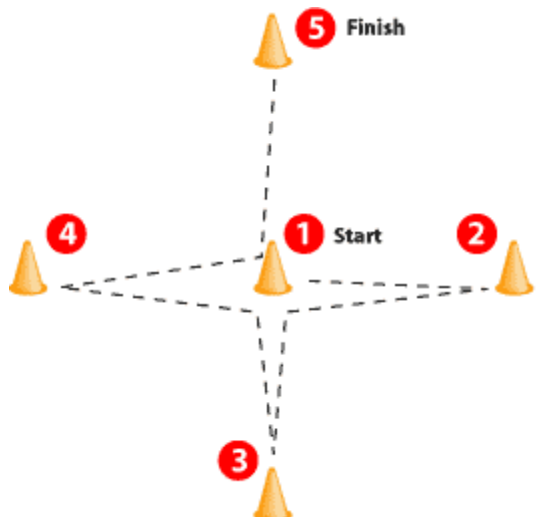




# Rugby Activities

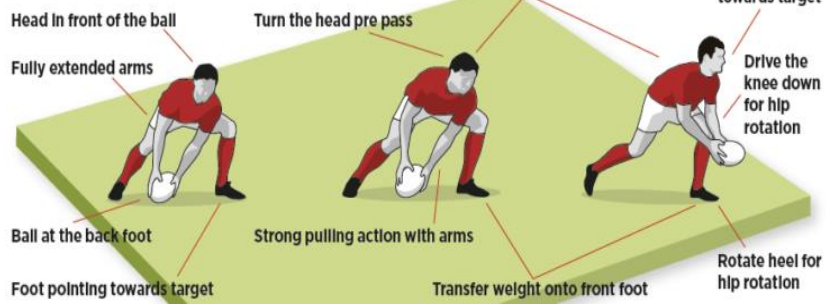
## GotGame

Try each activity for the set amount of time and record your total. If you don't have a rugby ball, use a pillow, pencil case or toy (preferably soft so that it does not get damaged) that is roughly the same size.

Activity	15secs	30secs	60secs
<p><b>Throw the ball above your head and then catch.</b></p> <p><b>✓ Catching a high ball</b></p> <p>Run forward, watching the flight of the ball</p> <p>Form a cradle with the arms - this encourages safe pouching of the ball</p> <p>If the player is skilful enough, he can jump up, while making the "T" shape</p> <p>Land with a solid base with the ball gripped firmly, one foot in front of the other, ready to move forward</p> <p>To make the "T" shape, the player has his chest facing sideways with his lead hand towards the ball. This ensures that if the player can't make a clean catch, the ball will go backwards</p> 			
<p><b>Pass the ball to a partner, or if doing solo throw against a wall or at a target. The ball must hit the target to count.</b></p> 			
<p><b>Complete the agility course, make sure to have at least 1 metre between each cone.</b></p> 			

**Pass from the ground and pass the ball to a partner, or if doing solo throw against a wall or at a target. The ball must hit the target to count.**

**GROUND PASS**



**Using three cones, sprint in both directions. Once you reach the end cone that counts as one point.**

