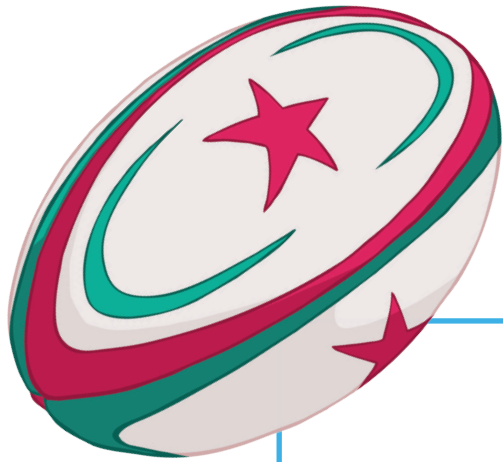


Rugby Evasion Warm-Ups Figure of Eight through the Legs



Equipment

- One ball

Working with a partner, take turns to pass the ball through your legs in a figure of eight. When you can do this, challenge yourself to do the following:

How many times can you do this in ten seconds?

How many times can you do this without dropping the ball?

