

# Rugby Evasion Warm-Ups Ball around Your Waist



## Equipment

- One ball

Working with a partner, take turns to pass the ball around your waist. When you can do this, challenge yourself to do the following:

How many times can you pass the ball around your waist in ten seconds?

How many times can you pass the ball around your waist without dropping the ball?

Can you pass the ball around your waist whilst walking?

Can you pass the ball around your waist whilst running?

