

SPAR Lancashire School Games 2021

‘Short Pass Heroes Challenge’

Equipment needed; A ball (No ball - use a medium to large teddy bear, and 2 markers (you can use cones or household items) to mark out distance, a phone, watch or clock to time 30 seconds.

Scoring; 1 point for every successful pass, if the pass is dropped or is not a chest push - you don't score a point!

[Click here to see a video of it in action!](#)

How to;



4 large steps/metres

What to do:

- Put two markers 4 large steps/4m apart.
- Players chest pass the ball (or ball alternative) between each other. If you don't have a family member to play – use a wall.
- Count the number of successful passes in 30 seconds.

Share your videos and photos with us:

We want to see you trying this challenge at home, please share your videos and photos to;

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#NETBALL SKILLS CHALLENGE