

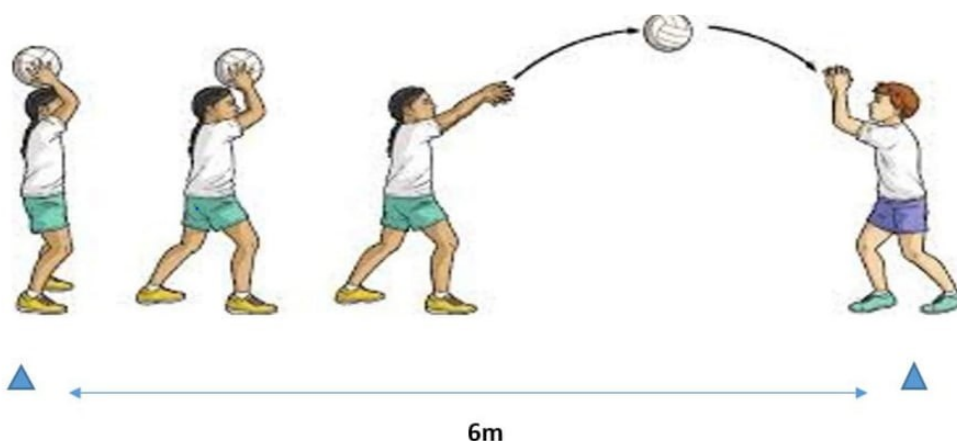
Week 4

'Long Pass' Heroes Challenge

Equipment needed; 1 ball (Use rolled up socks if no ball), 2 cones (use soft toys, tins if no cones), a stopwatch, clock, or phone to use as a timer. 2 players (throw to a wall if you no partner)

Scoring; You can keep your score over the next 5 weeks, as we'll be releasing 5 Netball based challenges for you to try. Use the scoresheet on the next page to record your best score.

[Long Pass Challenge Video.mp4](#)



How to; What to do:

- Mark 2 cones (or alternatives) 6m apart
- Players pass the ball overhead between each other
- Count the number of passes in 30 secs
- Both players are credited with the total number of passes

Share your videos and photos with us:

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

[Twitter- @LancSchoolGames](#)

