



VIRTUAL  
GAMES

## WEEK 4

# WALL BALL WATER POLO CHALLENGE

This challenge has been set by Jakab from Lewisham  
A challenge video will be released on Wednesday at 9.00am on the [LYG website](#)

### **Challenge Description:**

How many times can you bounce a ball off a wall using alternate hands in 60 seconds?

### **Scoring:**

You will receive 1 point for each time you catch the ball.



### **Adapt for Space and Equipment:**

If you don't have a ball try using a pair of rolled up socks, a toilet roll or some scrunched up paper. If you want to create a target like Jakab, you could stick a piece of paper to the wall or mark a target with chalk.

### **Adapt for Ability and Inclusivity:**

This challenge can be done standing up or sitting down. You can use both hands to throw and catch the ball. You can increase or decrease the size of the ball or try moving closer or further away from the wall.

### **Coaching Tips:**

Keep your eyes on the ball and take your time when throwing so you don't lose any accuracy.

### **Benefits From Challenge:**

This challenge will help improve your ball control and hand-eye coordination.

*Remember to submit your scores before Friday 3<sup>rd</sup> July at 12.00pm via the London Youth Games website or by emailing your [Scorecard](#) to [info@londonyouthgames.org](mailto:info@londonyouthgames.org). You can share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG for the chance to win a pair of Nike trainers. Please ensure that you have permission from a parent or guardian before sharing any content.*