



VIRTUAL  
GAMES

# WEEK 1

## 5 SHOT NETBALL CHALLENGE

This challenge has been set by Elly and Izzy from Ealing  
A challenge video will be released on Monday at 9.00am on the [LYG website](#)

### **Challenge Description:**

Can you complete 5 shots from 5 different ranges?



### **Scoring:**

You will receive 1 point for each successful shot you complete.

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

If you don't have a Netball, get creative and use a different type of ball, a pair of rolled up socks, or even a toilet roll. If you don't have a post, use a bucket, a box or any other household object you can find.

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

This challenge can be done sitting down. You increase or decrease the size of the ball or the target. You can move closer or further away from the target. If you have a post, you can adjust the height.

### **Coaching Tips:**

Place your non-shooting hand on the side of the ball for support and your shooting hand at the back of the ball for control. Flex your ankles, knees, and elbows together then extend to get more power. End the shot standing on tiptoes with your arms extended and fingers pointing towards the ring.

### **Benefits From Challenge:**

This challenge will help improve accuracy, consistency, and concentration.

*Remember to submit your scores before Friday 12<sup>th</sup> June 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.*