



VIRTUAL
GAMES

WEEK 1

BOTTLE CAP BADMINTON CHALLENGE

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

Challenge Description:

Can you hit a bottle cap off a bottle in three different ways with a shuttlecock?
Choose three of the shots Aaron demonstrates and give it try.



Scoring:

You will receive 1 point for each of the successful shots you complete.
The maximum score is 3. You have 60 seconds to complete this challenge.

Adapt for Space and Equipment:

You can do this challenge indoors or outdoors. If you don't have a racket or shuttlecock, get creative. Use a saucepan and a tennis ball, a pair of rolled up socks, a toilet roll, or any other object you can find.

Adapt for Ability and Inclusivity:

Try knocking the bottle over instead of hitting the bottle cap off. Kick, throw or roll a ball or object at the bottle. Try moving closer or further away. You can do this challenge standing up or sitting down.

Coaching Tips:

Remember not to rush. Take your time and gradually build up speed during the challenge. It is important to try and hit the shuttlecock right in the middle of the racket.

Benefits From Challenge:

This challenge will help improve hand-to-eye coordination, focus, judgement, patience and determination.

Remember to submit your scores before Friday 12th June at 12.00pm via the London Youth Games website or by emailing your scorecard to 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.