



VIRTUAL
GAMES

WEEK 2

CROSSOVER DRIBBLE BASKETBALL CHALLENGE

This challenge has been set by Chukwudi from Haringey and Freya from the London Titans Basketball Club
A challenge video will be released on Monday at 9.00am on the [LYG website](#)

Challenge Description:

How many crossover dribbles can you do in 60 seconds?

A crossover dribble is where you bounce the ball from one hand to the other.



Scoring:

You will receive one point for each crossover dribble you complete.

Adapt for Space and Equipment:

If you don't have a basketball you can use any other type of ball that bounces.

Adapt for Ability and Inclusivity:

You can do this challenge sitting down or standing up. If you are unable to bounce the ball, you can try rolling or passing it from one hand to the other.

Coaching Tips:

Keep your hands above the ball. Bounce the ball with the tips of your fingers rather than the palms of your hands and try to keep the ball low.

Benefits From Challenge:

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

Remember to submit your scores before Friday 19th 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.

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