



WEEK 2 KICK UP FOOTBALL CHALLENGE

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

Challenge Description:

How many kick ups can you do in 60 seconds?

Scoring:

You will receive one point for each consecutive kick up you complete.



Adapt for Space and Equipment:

If you don't have a football get creative and use a different type of ball, a paired of rolled up socks, a toilet roll or any other object you can find. If you are doing it indoors make sure you have enough space.

Adapt for Ability and Inclusivity:

Try alternating your feet, using your head, shoulders or knees, or adding in tricks and skills. You can try using a bigger or smaller ball to adapt the difficulty, or allow the ball to bounce once between kick ups. To adapt the challenge, from a sitting position see how many tap-ups you can do with your hands.

Coaching Tips:

Keep your eye on the ball, keep a straight foot and try to connect with the centre of the top of your foot.

Benefits From Challenge:

This challenge will help improve your ball control, balance and timing.

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.