



VIRTUAL
GAMES

WEEK 2

VOLLEYBALL CHALLENGE

This challenge has been set by **Central Foundation** in **Tower Hamlets** and **Southfields Academy** in **Wandsworth**

Watch the challenge video on the LYG website from 9am on Monday 12th October [here](#)

Challenge Description:

How many times can you hit the target in 60 seconds when volleying or throwing a ball against a wall?



Scoring:

You will receive 1 point for each time you hit the target.

Adapt for Space and Equipment:

If you don't have a volleyball, you can use any other type of ball. This challenge can be done indoors or outdoors, all you need is a wall and a target. You could use tape, chalk, or paper to mark your target.

Adapt for Ability and Inclusivity:

This challenge can be done standing or sitting. To make this challenge slightly easier, try throwing and catching the ball instead of volleying it, you could also make your target area bigger. To make it slightly harder, try moving further away from the wall, reducing the size of the target, or increasing your speed.

Coaching Tips:

Remember not to rush the activity and try to get into a steady rhythm with your volleys. If volleying the ball, keep your fingertips flexible and spread out to create a bigger surface area. Try to bend your knees and remain agile when hitting the ball.

Benefits From Challenge:

This challenge will help improve ball control, timing, and concentration.

Remember to submit your scores before Friday 16th October at 12.00pm via the London Youth Games website or by emailing your group scoresheet to info@londonyouthgames.org. Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG

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