



VIRTUAL
GAMES

WEEK 4 FOOTBALL CHALLENGE

This challenge has been set by **Kingsbury High** in **Brent**

Watch the challenge video on the LYG website from 9am on Monday 2nd November [here](#)

Challenge Description:

You have 10 attempts to kick or throw a ball into a target from 3 different distances. The further the distance, the more points you will score.



Scoring:

Points can be scored from 3 distances: 1 metre from the target = 2 points; 2 metres from the target = 5 points; 3 metres from the target = 10 points. Let us know how many points you score with 10 attempts.

Adapt for Space and Equipment:

This challenge can be completed indoors or outdoors. You can use any ball or object available to you and be creative when selecting your target. You could use a bin, box, bag or a bucket.

Adapt for Ability and Inclusivity:

This challenge can be done from a seated or standing position. You can adapt the difficulty of the challenge by increasing the size of the ball or the target. To make it more difficult, you could also try all of your attempts from the furthest distance.

Coaching Tips:

It is not a timed challenge, make sure you take your time and concentrate. Think about which distance is achievable for you.

Benefits From Challenge:

This challenge improves accuracy, concentration and decision-making.

Remember to submit your scores before Friday 6th November 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

PROUDLY SUPPORTED BY



Charity No: 1048705