



**VIRTUAL
GAMES**

WEEK 7 NFL CHALLENGE

This challenge has been set by **Leyshana and Toshane** in **Enfield**
Watch the challenge video on the LYG website from 9am on Monday 23rd November [here](#)

Challenge Description:

How many catches can you complete in 60 seconds? Try to include 4 different variations of catches.



Scoring:

You will receive 1 point for each successful catch you complete. Types of catches include: Two-hand catch, one hand catch (left or right), over the shoulder catch, high or low catch.

Adapt for Space and Equipment:

If you don't have an American football you can use a football, a tennis ball, or any object that you can find and safely catch with. This challenge can also be done individually by throwing a ball against a wall instead.

Adapt for Ability and Inclusivity:

You can adapt the challenge by counting how many catches in one minute without the variations. You can vary the difficulty by increasing/decreasing the distance from your partner throwing the ball. This challenge can be done standing or seated.

Coaching Tips:

Concentrate on the ball until it is secured in your hands, spread your fingers wide to increase your catching area. Create a diamond shape with your fingers and thumbs touching for high catches and little fingers touching for low catches.

Benefits From Challenge:

This challenge will help improve catching ability, consistency, and concentration.

Remember to submit your scores before Friday 27th 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

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