



VIRTUAL
GAMES

WEEK 8 NETBALL CHALLENGE

This challenge has been set by the Fox Federation in Kensington and Chelsea
Watch the challenge video on the LYG website from 9am on Monday 30th November [here](#)

Challenge Description:

How many times can you throw and catch the ball between markers in 30 seconds? Remember to concentrate on your footwork!



Scoring:

Record how many times you can throw and catch the ball between two markers in 30 seconds. Make sure you catch it beyond the markers you lay out.

Adapt for Space and Equipment:

You can use anything as a marker (cones, beanbags, a pair of socks) which need to be laid out 3m apart. Use any ball you have, just make sure it bounces. This challenge can be completed indoors or outdoors.

Adapt for Ability and Inclusivity:

To make the challenge slightly easier, move the markers closer together. As a variation, you can do it with the help of a partner and place as many markers as you want challenging your partner to catch the ball. This challenge can be done running, walking or with additional assistance.

Coaching Tips:

Take your time and focus on the ball when throwing and catching. Try to focus on your footwork to increase your ball control and speed.

Benefits From Challenge:

This challenge will help improve hand-eye co-ordination, footwork, and ball control.

Remember to submit your scores before Friday 4th December 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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