



VIRTUAL
GAMES

WEEK 9 CRICKET CHALLENGE

This challenge has been set by **Oaklands School** in **Tower Hamlets**

Watch the challenge video on the LYG website from 9am on Monday 7th December [here](#)

Challenge Description:

How many times can you bowl the ball into the target area?

You have 10 attempts to bowl a ball, overarm or underarm, into a target area whilst trying to hit the stumps.



Scoring:

Each time the ball lands in the target area you get 1 point. Each time the ball hits the stumps you receive an additional 1 point. The maximum points that can be scored from one attempt is 2 points. The maximum points you can score overall is 20 Points. Add up your points and submit your scores after 10 attempts!

Adapt for Space and Equipment:

This challenge can be completed indoors or outdoors. You can use a cricket ball, tennis ball, soft ball, or any similar sized ball. Also, if you do not have stumps you can use a box or a bin. If you do not have cones you can use hoops, paper, spots, or tape.

Adapt for Ability and Inclusivity:

To make this challenge slightly easier you could make your target area bigger or bowl the ball closer to the target. To make it slightly harder, try making the target smaller, or bowl the ball further away from the target. This challenge can be done stationary or with a bowling run up.

Coaching Tips:

Take your time and focus on the target areas you are bowling the ball at. Use your non bowling arm to aim at the target.

Benefits From Challenge:

This challenge will help improve control, accuracy, and concentration.

Remember to submit your scores before Friday 11th 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