



VIRTUAL
GAMES

WEEK 10

BASKETBALL CHALLENGE

This challenge has been set by **Swakeleys School** in **Hillingdon**
Watch the challenge video on the LYG website from 9am on Monday 14th December [here](#)

Challenge Description:

There are two variations for this week's challenge, pick **one** variation to complete.

1: Whilst dribbling the ball how long does it take you to complete five shuttle runs between two markers?

2: If you want to make the challenge a bit harder, see how long it takes you to complete five shots whilst dribbling round the cones five times.



Scoring:

Record how long it takes to complete the five shuttle runs whilst dribbling the ball between markers or the time it takes you to complete five shots, then submit your scores!

Adapt for Space and Equipment:

You can use any type of ball for this challenge just make sure it bounces. You can use any item as a marker such as cones, beanbags, boxes, shoes, or anything you have available. This challenge can be completed indoors or outdoors. For the *shooting variation*, you can use a mark on the wall if you do not have a basketball hoop.

Adapt for Ability and Inclusivity:

To make these challenges slightly easier, move the cones further apart to give you more space to dribble or use a bigger ball. To make it slightly harder, try speeding up your pace or using a smaller ball to complete these challenges. These challenges can be done running, walking or with additional assistance.

Coaching Tips:

Take your time and focus on the ball when dribbling and shooting. Try to focus on your footwork and try not to double dribble the ball. Additionally, for the *shooting challenge* steady yourself before taking a shot.

Benefits From Challenge:

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

Remember to submit your scores before Friday 18th 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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