



OPEN
VIRTUAL
GAMES

WEEK 1 – BASKETBALL AROUND THE WORLD CHALLENGE

This challenge has been set by James and Olivia from the Richmond Knights Basketball Club
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many times can you pass the ball around your body in 30 seconds?

Scoring:

You will receive 1 point for every full rotation.

Adapt for Space and Equipment:

If you don't have a basketball you can use any other type of ball or soft object.
This challenge can be completed indoors or outdoors.



Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. Try passing the ball around your head and then your waist or just around your head. You can use a smaller ball to make the challenge slightly easier.

Coaching Tips:

Keep your hand and fingers under the ball and try to pass the ball from hand-to-hand without it touching your body or head.

Benefits From Challenge:

This challenge will help improve your hand speed and flexibility. It will also help with your ball control when the ball is out of sight and controlling the ball with your strong and weak hands.

Remember to submit your scores before Monday 15th February at 12.00pm via the London Youth Games [website](#). Share your challenge attempts on [Instagram](#), [Twitter](#), [Facebook](#) and [TikTok](#) using #ThisIsLYG to be in with a chance of winning our weekly MVP award and some Nike swag.