



OPEN
VIRTUAL
GAMES

WEEK 1 – BASKETBALL FREYA'S DRIBBLING CHALLENGE

This challenge has been set by Freya from the London Titans Wheelchair Basketball Club
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many times can you catch a tennis ball while dribbling with your dominant hand in 30 seconds?

Scoring:

You will receive 1 point each time you catch the tennis ball.

Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a basketball you can use any other ball that bounces. Instead of a tennis ball, you can use any other small ball or soft object.

Adapt for Ability and Inclusivity:

This challenge can be done seated or standing. To adapt the difficulty, increase the size or the ball you are catching or try using a balloon instead of a tennis ball. You could also try holding the basketball instead of dribbling or switching the hands you are dribbling and catching with.

Coaching Tips:

Keep your head up and eyes off the ball you are dribbling. Take your time between catching and returning the ball. Keep a good rhythm to your dribbling so you can focus on the tennis ball.

Benefits From Challenge:

This challenge will improve your hand-eye coordination, control, concentration and dribbling.

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.

