



OPEN
VIRTUAL
GAMES

WEEK 3 – CRICKET KEEPY UPPY CHALLENGE

This challenge has been set by **Jacob** from the Kingston Super 1's Programme
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many times can you hit the ball up in 60 seconds?



Scoring:

You will receive 1 point each time you hit the ball.

Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a bat, you can use a frying pan, a book, or any other household object with a flat surface. If you don't have a ball, try using a balloon, a pair of rolled up socks, or some scrunched up paper.

Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. Try using a bigger ball to make it slightly easier. To make it more difficult, try using the side of the bat or a smaller object to hit the ball. You can also use a softer ball, with less bounce, to make it slightly easier.

Coaching Tips:

Try to stay still. This will help you keep control of the ball and stay balanced if standing. Keep your eyes on the ball and don't over hit it. Let the bat do the work for you.

Benefits From Challenge:

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

Remember to submit your scores before Monday 1st March 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.

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