



OPEN
VIRTUAL
GAMES

WEEK 3 – CRICKET TARGET BOWLING CHALLENGE

This challenge has been set by Justin Hollingsworth from the England Visually Impaired Cricket Team. You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many times can you land an object into the target in six attempts?



Scoring:

You will receive 1 point for each successful attempt.

Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a ball, you can use a toilet roll, a pair of rolled up socks or any other soft object. You can use a bag, bin, basket or any other household object as your target.

Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. You can bowl underarm or overarm. To adapt the difficulty of the challenge, try making the target smaller or moving further away.

Coaching Tips:

Focus on the target and use your previous attempts to judge the power you need to reach the target. You may find bowling underarm easier for shorter distances so keep this in mind.

Benefits From Challenge:

This challenge will help improve your bowling technique and accuracy.

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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