



OPEN
VIRTUAL
GAMES

WEEK 1 – BASKETBALL THREE POINT SHOOTOUT CHALLENGE

This challenge has been set by Cameron from Southwark
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many shots can you get in from 3 attempts?

Scoring:

You will receive 1 point for each successful shot you complete.

Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a basketball, get creative and use a different type of ball, a bottle, a pair of rolled up socks, or even a toilet roll. Instead of a net, you could use a bin, a bucket, a box or any other household object.

Adapt for Ability and Inclusivity:

This challenge can be done seated or standing. You can set the distance of your throwing line and the height of your target based on your ability. You can also adapt the size of the ball or the target. Try creating a backboard behind your target to give you something to aim at.

Coaching Tips:

Keep your eyes on the target and pay attention to your stance and positioning. Try to keep your wrists relaxed and your fingers pointed at where you want the ball to go.

Benefits From Challenge:

This challenge will help improve your concentration, consistency and accuracy.

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.

