



OPEN
VIRTUAL
GAMES

WEEK 2 – HOCKEY V DRAGS CHALLENGE

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

Challenge Description:

How many V Drags can you do in 30 seconds? You will need to place 3 items on the floor in a triangle shape about 3 metres apart. Starting in the centre, move to the left and back, and then to the right and back.



Scoring:

You will receive 1 point for each V Drag you complete.

Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have cones you can use shoes, rolled up socks or any other household objects as markers.

Adapt for Ability and Inclusivity:

Complete the V Drags without a ball. Run, walk or roll instead, touching each cone when you reach it. Try increasing or decreasing the distance between the cones to adapt the difficulty.

Coaching Tips:

Keep the ball on the end of your stick and keep your head looking at where you want to travel to next. When moving between the cones, keep your knees bent and low to the ground.

Benefits From Challenge:

This challenge will help improve your movement and ball control.

Remember to submit your scores before Monday 22nd 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.

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