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GAMES

## WEEK 2 – HOCKEY WALL BALL 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 times can you pass a ball against a wall in 30 seconds?

### Scoring:

You will receive 1 point each time the ball touches the wall.

### Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a hockey stick, get creative and try using a racquet, broom, umbrella or any other type of stick. You can also throw the ball using your hands or kick the ball with your feet instead of using a hockey stick.

### Adapt for Ability and Inclusivity:

You can do this challenge seated or standing. To increase the difficulty, try moving further away from the wall. To make it easier, you can try moving closer to the wall.

### Coaching Tips:

Make sure your hands are wide on the stick (left at top, and right towards the bottom). Stand with your feet apart, facing side on to the wall, with your knees softly bent. Watch the ball at all times.

### Benefits From Challenge:

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

*Remember to submit your scores before Monday 22<sup>nd</sup> 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.*

