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GAMES

## WEEK 3 – CRICKET WALL CATCH CHALLENGE

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

### Challenge Description:

How many times can you catch the ball in 30 seconds?

### Scoring:

You will receive 1 point for each time you catch the ball.



### Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a ball, you can use any other soft object. You can also try throwing the ball up in the air and catching it instead.

### Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. You can throw the ball underarm or overarm. To make the challenge more difficult, try catching the ball one handed. You can also try throwing the ball harder against the wall or from different angles. To make the challenge slightly easier, try moving closer to wall or using a bigger ball.

### Coaching Tips:

If standing, keep a balanced position with your knees slightly bent. Keep your hands close to together, watch the ball as best as you can and follow it into your hands when catching.

### Benefits From Challenge:

This challenge will help improve agility, catching technique and reaction times.

*Remember to submit your scores before Monday 1<sup>st</sup> 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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