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## WEEK 2 – HOCKEY ZIG ZAG SHUTTLES 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 Zig Zag Shuttles can you do in 30 seconds? You will need to mark out a line about 10 metres long, with a cone placed every 1.5 to 2 metres. Starting at one end, weave the ball (and your feet) around each cone, until you reach the top, then turn and run back in a straight line.

### Scoring:

You will receive 1 point for each Zig Zag Shuttle 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:

Instead of dribbling the ball, you can run or walk the course without a stick or ball. You can also complete the course in a wheelchair. Try shortening the distance, reducing the number of cones or increasing the space between the cones to make this challenge more accessible for you.

### Coaching Tips:

Keep a high left elbow and loose lower hand and try to be light on your feet.

### Benefits From Challenge:

This challenge will help improve your movement, dribbling and ball control.

*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.*

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