



OPEN
VIRTUAL
GAMES

WEEK 7 – VOLLEYBALL BASKET SERVING CHALLENGE

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

Challenge Description:

How many points can you score in 10 attempts?

Scoring:

You will receive 1 point if the ball hits the target and 2 points if it lands in the target.



Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a volleyball, you can use any other type of ball or soft object. You can use a basket, a bin or a flowerpot as your target.

Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. Try moving further away from the target to make this challenge more difficult. You can also try adjusting the size of the target. Experiment with bouncing the ball into the target if you find this works better.

Coaching Tips:

Take your time and focus on your target. You can try serving underarm or overarm.

Benefits From Challenge:

This challenge will help you with your accuracy and hand-eye coordination.

Remember to submit your scores before Monday 29th 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.

PROUDLY SUPPORTED BY



Charity No: 1048705