



OPEN
VIRTUAL
GAMES

WEEK 4 – FOOTBALL DRIBBLING CHALLENGE

This challenge has been set by Tobi from Hammersmith & Fulham
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many times can you dribble around the markers in 20 seconds?

Scoring:

You will receive 5 points every time you go around one of the markers.
If the ball touches one of the markers you will lose 2 points.



Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have cones, you can use chairs or any other objects you have as markers.

Adapt for Ability and Inclusivity:

You can complete the challenge in a wheelchair. You will receive points for the number of markers you can go round while keeping a ball on your lap. Try shortening the distance or increasing the space between the cones to make the challenge more accessible for you.

Coaching Tips:

Keep the ball close to your feet and use your arms to help maintain your balance.

Benefits From Challenge:

This challenge will help with your ball control and keeping possession while moving at speed.

Remember to submit your scores before Monday 8th 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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