



OPEN
VIRTUAL
GAMES

WEEK 4 – FOOTBALL PASSING CHALLENGE

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

Challenge Description:

How many passes can you complete in 20 seconds?

Scoring:

You will receive 1 point each time you complete a pass.



Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a partner then you can pass the ball against a wall. If you don't have a football, you can use any other type of ball.

Adapt for Ability and Inclusivity:

Instead of kicking a ball, you can use your hands. You could do a football style throw in or a double-handed underarm pass. To make it more difficult, try moving further away from your partner or the wall, limiting your number of touches, or only using your weaker foot or hand.

Coaching Tips:

Stay in a balanced position, ready to receive the ball. Control the ball before attempting to complete another pass. If using your hands, keep your hands spread with thumbs close together.

Benefits From Challenge:

This challenge will help with your control, accuracy and developing your weaker foot or hand. *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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