



OPEN
VIRTUAL
GAMES

WEEK 7 – VOLLEYBALL SERVE IT UP CHALLENGE

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

Challenge Description:

How many targets can you hit from 6 serves?

Scoring:

You will receive 1 point for every serve that goes over the net and another point each time you hit a 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 any household objects as your targets. If you don't have a net, try using a piece of string or another object that you can hit the ball over.

Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. Try moving further away from the net to make it more difficult. You can also adjust the size of the targets or the height of the net.

Coaching Tips:

Serve close to the bottom of the ball and try to keep your fingers clenched.

Benefits From Challenge:

This challenge will help improve your hand-eye coordination and ball control.

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.

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