



OPEN
VIRTUAL
GAMES

WEEK 4 – FOOTBALL SHOOTING CHALLENGE

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

Challenge Description:

How many points can you score from 10 shots?



Scoring:

You will receive 1 point for hitting Zone One, 2 points for Zone Two and 3 points for Zone 3.

Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a football, you can use any other type of ball. If you don't have cones, you can use any other objects to mark out the zones.

Adapt for Ability and Inclusivity:

You can do this challenge seated or standing. You can score points by throwing the ball instead of kicking it. If the challenge is too easy, use your weaker foot/ hand, make the scoring zones smaller, or move further away from the goal. Do the opposite to make it more difficult.

Coaching Tips:

Keep your head over the ball when striking so that it keeps close to the ground. Use your laces or instep to maintain good control.

Benefits From Challenge:

This challenge will help you improve your shooting and accuracy.

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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