



OPEN
VIRTUAL
GAMES

WEEK 7 – VOLLEYBALL SPOT ON TARGET CHALLENGE

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

Challenge Description:

How many times can you hit a target on the wall in 60 seconds?

Scoring:

You will receive 1 point every time the ball hits 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 create a target by sticking something to the wall.

Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. Try moving further away from the wall to make this challenge more difficult. You could also try to bounce the ball consecutively, without taking a pause to catch it in order to make the challenge more difficult.

Coaching Tips:

Try to hit the ball straight so that you don't lose control of the ball when it bounces off the wall.

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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