



OPEN  
VIRTUAL  
GAMES

## WEEK 6 – TENNIS TAP UP CHALLENGE

This challenge has been set by Lily and Ewan  
You can watch the challenge video on the London Youth Games [website](#)

### Challenge Description:

How many times can you tap the ball up in 60 seconds?

### Scoring:

You will receive 1 point each time you tap the ball.

### Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. If you don't have a tennis racket and a ball, try using a frying pan and a pair of rolled up socks.

### Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. Try holding the racket with both hands or using a bigger ball, to make the challenge slightly easier. To make the challenge slightly harder, try rotating the racket after each tap.

### Coaching Tips:

Try to stay still, keep your eyes on the ball if you are able to and make small movements with the racket. The smaller the movements, the more control you will have over the ball.

### Benefits From Challenge:

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

*Remember to submit your scores before Monday 22<sup>nd</sup> 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.*

