



OPEN
VIRTUAL
GAMES

WEEK 6 – TENNIS TARGET VOLLEY CHALLENGE

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

Challenge Description:

How many times can you volley the ball into a box in 10 attempts?



Scoring:

You will receive 1 point for each ball that lands in the box.

Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. You can use any type of ball. If you don't have a tennis racket, you can try using a frying pan, book or any other object with a flat surface. If you don't have something suitable to hit the ball with then you can throw the ball instead.

Adapt for Ability and Inclusivity:

You can complete this challenge standing or seated. If you don't have a box, then create a similar target to aim at. If you're indoors then you can substitute the ball for a pair of socks. If you find it too easy then try to volley the ball into the box / target without letting it bounce first.

Coaching Tips:

Try to keep the racquet moving forward and the head of the racquet level as you make contact with the ball. Try to remember the power you put into the shot, to get a better understanding of how hard you need to hit the ball in order to achieve the distance to the target.

Benefits From Challenge:

This challenge will help you with your accuracy and judgement of distance and power.

Remember to submit your scores before Monday 22nd 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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