**Keep the ball in the air for as long as you can.**

**How many successful self-passes can you make?**

**Junior Varsity (JV) = 10 in a Row Varsity = 20 in a Row**

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| **Level 1** | **Use Below-Chest Pass Only**  (Stationary) |
| **Level 2** | **Use** Above-Chest Pass **Only**  (Stationary) |
| **Level 3** | **Use a combination of**  **Above- & Below-Chest Passes**  (Stationary) |
| **Level 4** | **Alternate Left/Right**  **Below-Chest Passes Only**  (Stationary) |
| **Level 5** | **Use Below-Chest Passes**  (Walk Around the Cones) |
| **Level 6** | **Use Below-Chest Passes**  (Jog Around the Cones) |