

PASSING PENTATHLON SKILL CARD

Partner 1: _____

Partner 2: _____

- ✔ Record the number of attempts you and your partner need to complete each challenge successfully.
- ✔ If you're unable to complete a challenge after 4 attempts, record a 5+.
- ✔ The first time you complete this card, use the space in the upper part of each scoring box. The second time, use the lower space.

		Partner 1 Day 1 / Day 2	Partner 2 Day 1 / Day 2
1	10 consecutive below-chest passes.		
2	10 consecutive above-chest passes.		
3	2 full clockwise rotations around the hoop, making consecutive passes any style.		
4	2 full counter-clockwise rotations around the hoop, making consecutive passes including at least 1 above-chest pass per partner.		
5	Pass with your partner while you both move down to the cone and back.		
Score Total			

Rate your effort by circling 1, 2, or 3.

Partner 1:

1 = I didn't really try

2 = I could have tried harder

3 = I did my very best

Partner 2:

1 = I didn't really try

2 = I could have tried harder

3 = I did my very best