**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 passes only**(3 attempts then take turns with a partner) |
| **Level 2** | **Use** above-chest passes **only**(3 attempts then take turns with a partner) |
| **Level 3** | **Use a combination of****above- & below-chest passes**(3 attempts then take turns with a partner) |
| **Level 4** | **Alternate left/right****below-chest passes only**(3 attempts then take turns with a partner) |
| **Level 5** | **Alternate left/right using any passes**(3 attempts then take turns with a partner) |
| **Level 6** | **Create a 10-Touch passing routine**(See if your partner can repeat your routine.) |