

**SELF PASSING CHALLENGE CARD**

**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**

<b>Level 1</b>	<b>Use below-chest passes only</b> (3 attempts then take turns with a partner)
<b>Level 2</b>	<b>Use above-chest passes only</b> (3 attempts then take turns with a partner)
<b>Level 3</b>	<b>Use a combination of above- &amp; below-chest passes</b> (3 attempts then take turns with a partner)
<b>Level 4</b>	<b>Alternate left/right below-chest passes only</b> (3 attempts then take turns with a partner)
<b>Level 5</b>	<b>Alternate left/right using any passes</b> (3 attempts then take turns with a partner)
<b>Level 6</b>	<b>Create a 10-Touch passing routine</b> (See if your partner can repeat your routine.)