

**PASSING PENTATHLON SKILL CARD**

Your Name: \_\_\_\_\_

- ✔ Record the number of attempts it takes you to complete each challenge
- ✔ If you're unable to complete a challenge after 4 attempts, record a 5+.

		Day 1	Day 2
<b>1</b>	10 consecutive below-chest passes.		
<b>2</b>	10 consecutive above-chest passes.		
<b>3</b>	10 consecutive passes alternating between below- and above-chest passes.		
<b>4</b>	10 consecutive passes walking around the room.		
<b>5</b>	10 consecutive passes jogging around the room.		
<b>Score Total</b>			

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

**Day 1:**

1 = I didn't really try

2 = I could have tried harder

3 = I did my very best

**Day 2:**

1 = I didn't really try

2 = I could have tried harder

3 = I did my very best