**Spikeball Self-Passing Practice**

[YouTube Video Demo](https://youtu.be/U8uZmjMe3xU)

The object of this activity is to practice and improve your Spikeball passing skills.

Each day for 5 days you will perform the entire practice plan below, rate your progress, and then reflect on your focus and improvement.

**Self-Passing Practice Plan:**

For each drill, perform as many successful self-passes as you can in a row, first with your right and then your left hand. A score of 10+ earns you a Junior Varsity Rating, 20+ a Varsity Rating, 30+ All-Star Rating

* **Drill 1:** Below-Chest Pass Only (2 attempts each hand)
* **Drill 2:** Above-Chest Pass Only (2 attempts each hand)
* **Drill 3:** Combination of Above- and Below-Chest Passes (2 attempts each hand)

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| **Day #** | **Success Rating**  Circle the highest rating  earned for any drill? | **Reflect**  Did you improve?  Were you focused on improvement?  Provide proof in your reflection. |
| **DAY 1** | Junior Varsity Varsity All-Star |  |
| **DAY 2** | Junior Varsity Varsity All-Star |  |
| **DAY 3** | Junior Varsity Varsity All-Star |  |
| **DAY 4** | Junior Varsity Varsity All-Star |  |
| **DAY 5** | Junior Varsity Varsity All-Star |  |