

SKILL-RELATED FITNESS

Challenge Activities

Spikeball Self-Passing Practice

[YouTube Video Demo](#)

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)

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	

