**Wall Ball Challenge**

[YouTube Video Demo](https://youtu.be/BZxVzq9AmR8)

The object of this activity is to practice and improve your reaction time with some Spikeball Wallball Drills.

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

**Wall Ball Practice Plan:**

For each drill, perform as many successful consecutive wall-ball passes as you can. A score of 10+ earns you a Junior Varsity Rating, 20+ a Varsity Rating, 30+ All-Star Rating.

* **Drill 1:** 3 self-passes then 1 pass off the wall (repeat pattern without stopping)
* **Drill 2:** 2 self-passes then 1 pass off the wall (repeat pattern without stopping)
* **Drill 3:** Consecutive wall passes

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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 |  |