

# SKILL-RELATED FITNESS Challenge Activities

## Wall Ball Challenge

[YouTube Video Demo](#)

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

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	

