Passing
(Individual Challenges)

The Goal:
How many self-passes can you make in a row?

What You Need:
A Spikeball™ or another ball that you can pass and strike like a Spikeball™

How To Play:
- Level 1 - Use only underhand passes
- Level 2 - Use only overhand passes
- Level 3 - Use both overhand and underhand passes
- Level 4 - Use only underhand passes and your non-dominant hand
- Level 5 - Use either overhand and underhand passes while alternating hands
- Level 6 - Use both overhand and underhand passes while jogging
- Level 7 - Use only overhand passes and your non-dominant hand