

Passing

(Partner Challenges)

Watch this activity demo on  YouTube 

The Goal:

How many partner 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 both overhand and underhand passes
- Level 2 - Use only underhand passes
- Level 3 - Use only overhand passes
- Level 4 - Use any pass to pass to yourself before passing to your partner
- Level 5 - Use only underhand passes and your non-dominant hand
- Level 6 - Partner A uses underhand passes, Partner B uses overhand passes
- Level 7 - Same as level 6, but Partner A and Partner B switch roles



in support of

