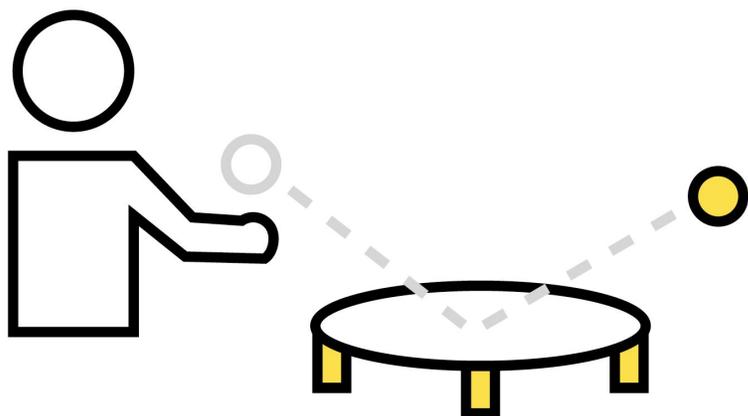


Our Spikeball National Field Day Challenges are adapted from Spikeball's FREE 10-day PE curriculum.

[\[Download it Here\]](#)



## Tips from our friends at Spikeball

- Athletic position
- Hand facing up toward sky/ceiling
- Keep your hand flat
- Keep your hand soft
- Keep your eye on the ball

## Common modifications to make activities easier...

- Catch the ball before passing
- Throw the ball instead of passing
- Let the ball bounce once per touch
- Use a bigger/lighter ball
- Use a bigger Spikeball™ Set or target
- More than 3 or unlimited touches

[Learn more at Spikeball.com](#)



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# Passing

(Individual Challenges)

Watch this activity demo on  YouTube



## 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



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# 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



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# Hitting to the Net

(Individual Challenges)

Watch this activity demo on  YouTube 

## The Goal:

Complete as many levels as you can.  
Silver Medal = 3 hits in a row on target  
Gold Medal = 5 hits in a row on target

## What You Need:

A Spikeball™ (or similar ball) and  
Spikeball™ Net (or hula hoop)

## How To Play:

- Level 1 - Stand next to the net. Self-toss and hit the ball onto the net
- Level 2 - Stand 1' from the net. Self-toss and hit the ball onto the net
- Level 3 - Stand 3' from the net. Self-toss and hit the ball onto the net
- Level 4 - Stand 5' from the net. Self-toss and hit the ball onto the net
- Level 5 - Stand 5' from the net. Self-toss the ball towards the net and hit while moving
- Level 6 - Stand 1' from the net. Self-toss and hit onto the net using non-dominant hand
- Level 7 - Stand 3' from the net. Self-toss and hit onto the net using non-dominant hand
- Level 8 - Stand 5' from the net. Self-toss and hit onto the net using non-dominant hand
- Level 9 - 5' from the net. Self-toss towards the net. Hit while moving w/non-dominant hand



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# Hitting to the Net

(Partner Challenges)

Watch this activity demo on  YouTube 

## The Goal:

Complete as many levels as you can.  
Silver Medal = 3 hits in a row on target  
Gold Medal = 5 hits in a row on target

## What You Need:

A Spikeball™ (or similar ball) and  
Spikeball™ Net (or hula hoop)

## How To Play:

- Level 1 - Stand next to the net. Partner tosses and you hit a drop shot onto the net.
- Level 2 - Stand next to the net. Partner tosses and you hit a power shot onto the net.
- Level 3 - Stand next to the net. Partner tosses and you hit alternating shots onto the net.
- Level 4 - Stand next to the net. Partner tosses. You hit onto the net using non-dominant hand.
- Level 5 - Stand next to the net. Partner tosses. You hit onto the net making your partner move 1-2 feet in any direction, using any shot so that your partner can catch the ball.



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# Serving to the Net

(Individual Challenges)

Watch this activity demo on  YouTube



## The Goal:

Complete as many levels as you can.

Silver Medal = 3 hits in a row on target

Gold Medal = 5 hits in a row on target

## What You Need:

A Spikeball™ (or similar ball) and

Spikeball™ Net (or hula hoop)

## How To Play:

- Level 1 - Stand 3' from net, self-toss and serve onto the net using a standard serve
- Level 2 - Stand 3' from the net, self-toss and serve onto the net with a Fwango serve
- Level 3 - Stand 3' from the net, self-toss and serve onto the net using a sidestep serve
- Level 4 - Stand 3' from the net, self-toss and serve onto the net using a dropshot serve
- Level 5 - Stand 3' from the net, self-toss and serve using your non-dominant hand
- Level 6 - Stand 6' from the net, self-toss and serve using a standard serve
- Level 7 - Stand 6' from the net, self-toss and serve using a Fwango style serve
- Level 8 - Stand 6' from the net, self-toss and serve using a sidestep style serve
- Level 9 - Stand 6' from the net, self-toss and serve using a dropshot style serve
- Level 10 - Stand 6' feet from the net, self-toss and serve using your non-dominant hand



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