

# 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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