



SELF PASSING CHALLENGE CARD

Keep the ball in the air for as long as you can.
How many successful self-passes can you make?

Junior Varsity (JV) = 10 in a Row

Varsity = 20 in a Row

Level 1	Use Below-Chest Pass Only (Stationary)
Level 2	Use Above-Chest Pass Only (Stationary)
Level 3	Use a combination of Above- & Below-Chest Passes (Stationary)
Level 4	Alternate Left/Right Below-Chest Passes Only (Stationary)
Level 5	Use Below-Chest Passes (Walk Around the Cones)
Level 6	Use Below-Chest Passes (Jog Around the Cones)