**Self – Passing Scoresheet**

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| --- | --- |
| **Level** | **Score** |
| **1st Try** | **2nd Try** | **3rd Try** | **4th Try**  |
| **Level 1** – Dominant/ “Pencil” Hand Strike |  |  |  |  |
| **Level 2** – Non-dominant Hand Strike |  |  |  |  |
| **Level 3** – Combo Right and Left Hand Strike |  |  |  |  |
| **Level 4** – 2 Hand Toss & Catch |  |  |  |  |
| **Level 5** – 1 Hand Toss & Catch |  |  |  |  |

**Directions:**

Perform each level for 1 minute. Set your timer or follow along with Miss H. to complete each level! Be sure to write down your scores after each minute. Use this sheet as your reference to try to beat your score the next time you tackle the self-passing challenge!

**Equipment Needed:**

Tennis ball or sock ball

Open space ☺

1-minute timer (optional)

Self-passing video: <https://youtu.be/iZ5VseilpR0>

Miss H.’s website: [www.misshpe.weebly.com](http://www.misshpe.weebly.com)

Do your best and forget the rest!

Miss H. ☺