



# PASSING CHALLENGE

## *Participants*

Any number of participants.

## *Time Allotment*

5 Minutes

## *Activity Level*

High

## *Materials*

- Wad of paper or small bean bag

## *Method*

- Begin the challenge with all participants standing up beside their seat.
- Coach starts by throwing a paper ball or bean bag to a participant; that youth tosses the ball to another who is standing.
- After passing the ball, youth sits down.
- This is repeated until all youth are seated.
- The last student standing throws the ball back to the coach.