# Target Pass

Objective: To record how many passes you can play and receive in 60 seconds.

Equipment:
- Flat, smooth wall
- Target Area *(i.e. tape, chalk)*
- Foul line *(i.e. masking tape, chalk, rope)*
- Basketball
- Stopwatch or phone
- Measuring tape

Process: Find a flat smooth wall, measure and mark a 1x1m squared area on the wall, this is your 'target area'. Now measure 1.5m from the wall along the ground and place your foul line.

Athletes should position themselves behind the foul line, on the signal "Go", the timekeeper starts the stopwatch (60 seconds), and the athlete should play and receive as many passes against the wall while remaining behind the foul line.
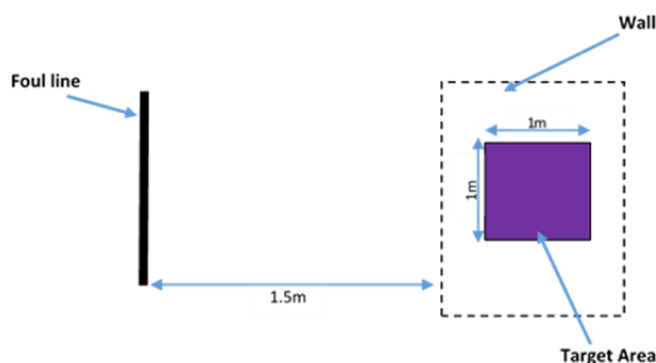
The athlete receives 1 point each time they successful pass the ball off the wall and receive it back within 60 seconds.

Rules:
- The athlete must pass and receive the ball from behind the foul line.
- The ball is permitted to bounce before and after hitting the wall.
- The athlete can take as many attempts as they wish, with the highest score submitted as their score.

Score: The total number of points an athlete receives in 60 seconds should be submitted as their score *(e.g. 15).* Only one score per athlete is required.