Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What were you able to do? Check the tasks that you completed:

\_\_\_\_\_ Self-toss and hit to a wall or target.

\_\_\_\_\_ Self-toss and hit to a partner in general space.

\_\_\_\_\_ Self-toss and hit underhand or overhand over a rope or low net.

\_\_\_\_\_ Hit the ball after partner tosses it to you in general space.

\_\_\_\_\_ Hit the ball back over a low net to your partner after your partner tosses it to you.

## Figure 17.19 Self-assessment for self-toss and partner toss.