

Spot Pass-Off Checklist

Name _____

	Date:	Comments:
Summer Practices:		
Not		
Required		
Summer 2010		
Rifle:		
50/50		
clock pops singles		
double toss		
triple toss		
flourish exercise		
four by four		
hit/pulls		
rifle routine from camp		
Flag:		
50/50		
pull/hit exercise		
carve excercise		
rifle spins		
windmill exercise w/ 45 swings		
2 handed horizontal toss		
single		
two handed 45 toss		
one handed "wind-up" 45 toss		
marching sequence from camp		
Body:		
fundamental routines from camp		
Routine:		
flag section of opener learned at camp		