**Challenge:** Something that presents difficulty and requires effort to master or achieve.

*The students enjoyed the challenge of the soccer drills they practiced in class.*

**200 Touches:** [YouTube]

Every student has a soccer ball. Follow along to the 200 Touches YouTube Video to complete your 200 ball-control touches.

Don't have access to the video? Complete this routine instead.

- 50 Toe Touches (top of ball)
- 50 Foundations (inside-to-inside feet)
- 50 Toe Touches
- 50 Foundation

**Grit:** Passion and perseverance for long-term goals.

*Akinyi's grit helped push her to practice and improve her dribbling skills in order to become an outstanding soccer player.*

**Ted Talk:** Grit: The power of passion and perseverance [Video Link]

Take a few minutes to watch this Ted Talk on Grit and how passion and perseverance can help you achieve your goals.

Complete the SEL Concept Square for Grit after you watch the Ted Talk. [Google Slide Link]