**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.*

**Control**: To manage or regulate the movement or actions of something.

*Sammi worked to control her body and the ball as she dribbled through the cones.*

**Determination**: A strong feeling about the purpose of a goal that gives motivation for accomplishing that goal.

*Akinyi’s determination helped push her to practice and improve her dribbling skills.*

**Dribble**: Moving a ball under the control of a single player. Soccer requires foot dribbling. Basketball requires hand dribbling.

*Joshua’s ball control skill helped him dribble around defenders.*

**Enjoy**: Having positive feelings caused by doing or experiencing something you like.

*The class knew that they would enjoy the soccer activities that Ms. Williams had planned.*
Focus: To pay close attention to someone or something.

It’s important to focus on good form when you’re practicing soccer skills.

Pass: To move an object from one space to another.

The team moved the ball quickly down the field with each accurate pass.

Physical Activity: Any physical movement that uses the body’s energy.

It’s important to make physical activity a part of your daily routine.

Practice: To perform an activity or exercise repeatedly and/or regularly to improve or maintain skill.

Becoming a skilled soccer player requires practice and determination.

Routine: A set sequence of steps. A task that is repeated daily, weekly, or at some consistent interval.

Iman practiced the same warm-up routine before every practice.

Skill: The ability to do something well.

Eliana improved her soccer skills each time that she practiced.

Target: An object selected as the aim of attention, a pass, or an attack.

Obi was the target of Sandi’s pass.