**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.*

**Courage:** The ability and willingness to overcome fear in order to accomplish a goal or complete a task.

*Cara’s courage allowed her to pursue her career and personal goals despite incredible challenges.*

**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.*
**Effort:** A determined attempt.

Sila’s continued effort allowed her to overcome her greatest challenge.

**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.*

**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.*

**Hit:** To strike an object toward a specific target.

*There are several ways to *hit* a Spikeball to the net.*

**Pass:** To transfer something from one person to another or from one spot to another.

*Fiver’s advanced ability to *pass* the Spikeball to his teammate gave him an advantage during game play.*
Passion: The collection of your life experiences that give you the deepest sense of fulfillment.

Noeline turned her passion into meaningful work that empowers young people to find their own passion.

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.

Serve: To hit a ball or object in order to begin game play.

Developing an accurate serve is important for any skilled Roundnet player.

Skill: The ability to do something well.

Eliana improved her soccer skills each time that she practiced.