

# CHALLENGE CHECKLIST

*"Stay focused and always finish the play, whether by passing to a teammate or taking the shot if you have a good angle on the goal."*

—Marta (FC Gold Pride)

As soccer stars Marta, Karina LeBlanc, and Natasha Kai know, setting goals is key to a successful season.

This **Recognize Awesome Challenge Track Sheet** includes basic soccer and team sport skills. Rate your current level (from 1-4) and track your stats throughout the season. Hang the checklist in your locker or at home and fill in what you actually achieve. Add an additional goal you would like to track.

Here's your chance to **Recognize Awesome!** Come see all the action at your local WPS game! Go to [www.womensprosoccer.com](http://www.womensprosoccer.com) to find out when your local stars are playing in a stadium near you.



## RECOGNIZEAWESOME CHALLENGE TRACK SHEET

1= Beginner 2= Intermediate 3= Advanced 4= WPS Super Star

Skills	Current Rating (1-4)	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Final Grade
Defense										
Offense										
Dribbling										
Passing										
Trapping										
Shooting										
Running Speed (18 yards)										
Juggling (# of Times)										
Helping a Teammate										
Giving 110% to my team										
Maintaining High Grades During The Season										
Catching (Goalkeeper)										
Reactions (Goalkeeper)										
Diving Saves (Goalkeeper)										

