



Virginia Soccer Association — Character Gauge

Adapted from the Take Two Drill by Icebox™

Athlete name _____

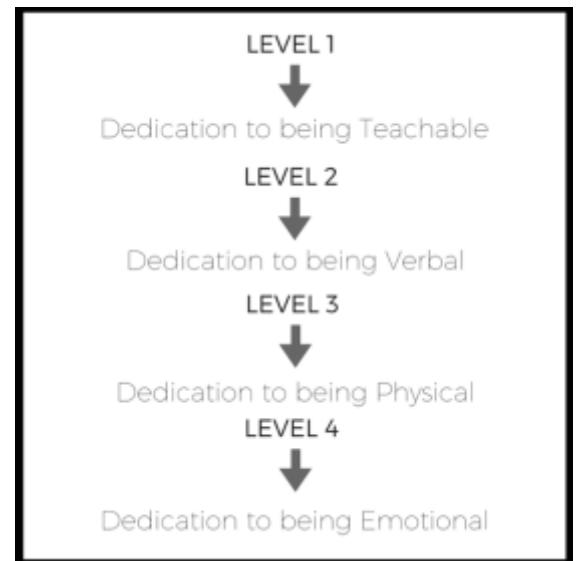
Date _____

Practice / Game Venue _____

Dedication SCORE (1-10 rating)

TEACHABLE ____ VERBAL ____

PHYSICAL ____ EMOTIONAL ____



SELF-DRIVEN ACCOUNTABILITY

1. How do you feel about today's performance?

2. If you could play the practice or game over, what would you do differently?

3. If you could play the practice or game over, what would you do the same?