



## Virginia Soccer Association — Character Gauge

Adapted from the Take Two Drill by Icebox TM

Athlete name	
Date	LEVEL 1
Practice / Game Venue	Dedication to being Teachable  LEVEL 2
	Dedication to being Verbal
Dedication SCORE (1-10 rating)	LEVEL 3
TEACHABLE VERBAL	Dedication to being Physical LEVEL 4
PHYSICAL EMOTIONAL	Dedication to being Emotional
SELF-DRIVEN ACCOUNTABLITY	
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?	