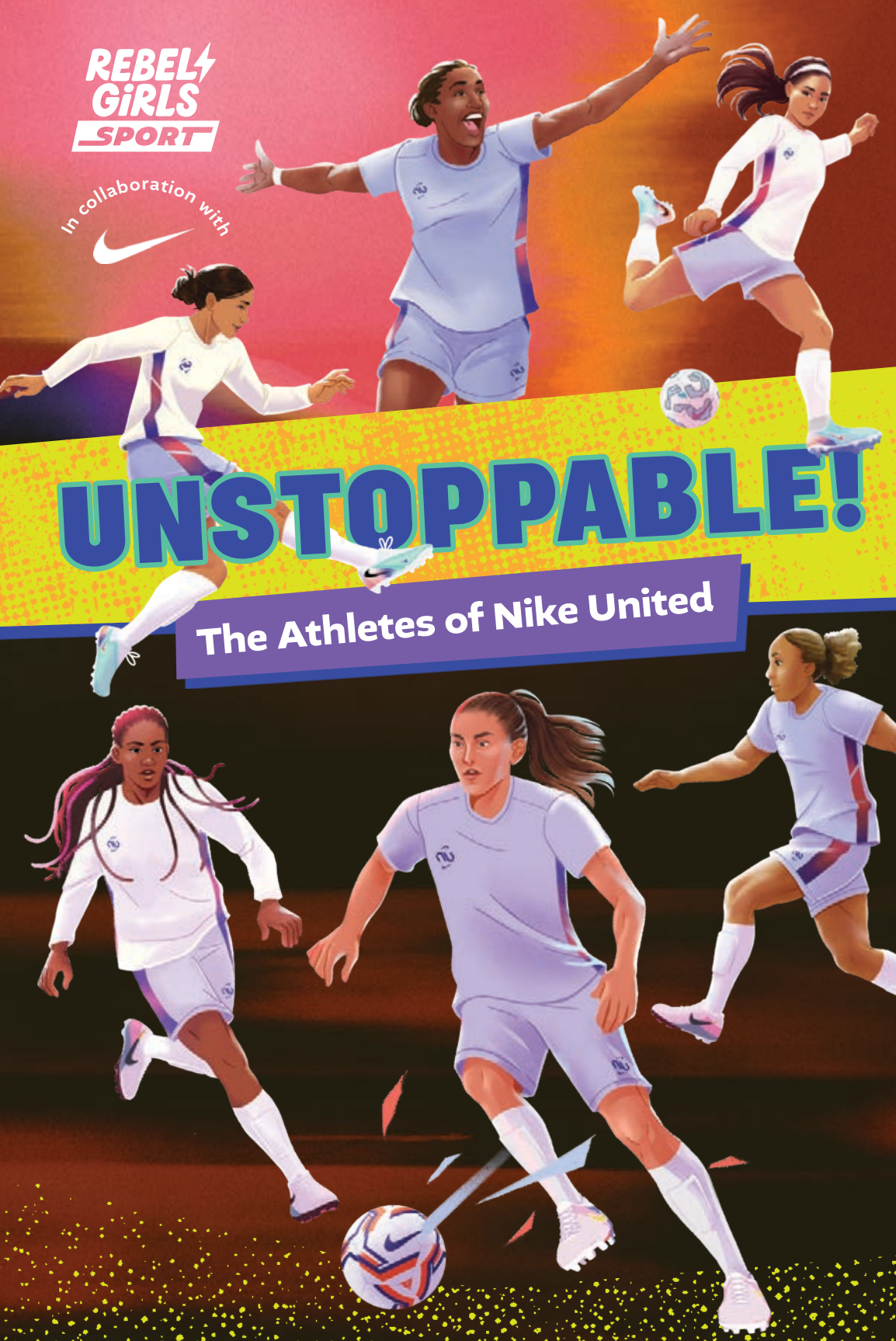


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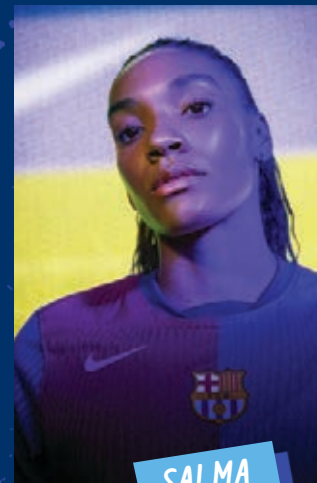
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# CONTENTS



SALMA



LAUREN



SOPHIA

**4** The Future of Soccer

**6** Find Your Power

**8** Salma Paralluelo

**10** Lauren James

**12** Feed Your Speed

**14** Patri Guijarro

**16** Naomi Girma

**18** Embrace Versatility

**20** Sophia Wilson

**22** Deyna Castellanos

**24** Cultivate Precision

**26** Celebrate Your Sport

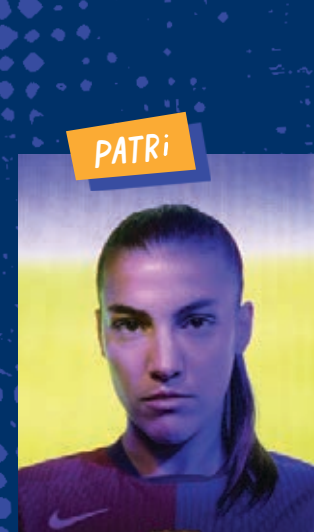
**28** Outfitted for Glory

**30** More Books!

**32** About Rebel Girls



DEYNA




PATRI



NAOMI

# THE FUTURE

# OF SOCCER



**WITH NIKE UNITED**, Nike has brought together an unstoppable group of athletes to showcase the power, versatility, and undeniable style of soccer excellence. Girls everywhere look up to Salma Paralluelo, Lauren James, Patri Guijarro, Naomi Girma, Sophia Wilson, and Deyna Castellanos, and marvel at their boldness and determination.

Celebrate their achievements and be inspired to dream your own big dreams. Then, just like Salma, Lauren, Patri, Naomi, Sophia, and Deyna, you can feed your focus, intensity, and talent to reach triumph. Concentrate on one drill, one match, one championship at a time to forge your own path to greatness.

SCAN FOR  
VIDEOS



To learn more about these amazing athletes and hear them speak about their sports journeys in their own words, scan the code.



# FIND YOUR POWER

Each of the extraordinary women in this book has experienced the amazing highs and the painful lows of being an athlete. And they keep coming back for more! They've found the power and joy in sports. What about you? As you read about their accomplishments, ask yourself questions about what playing sports means to you.



"What makes each of us special is what makes each of us the best. There's no way to stop us, and that's scary."

—SOPHIA WILSON

SOPHIA

"Things won't always go well. Success comes with obstacles and hard times. But if you really want something, you have to fight for it. That's what I'd want to pass on: that drive and determination to go after what you love most."

—SALMA PARALLUELO

"I'm composed, I'm a team player, and I love to win."

—NAOMI GIRMA



Qs FOR YOU

What are **YOUR** soccer strengths?

---

Which **MOVES** do you want to practice this season?

---

How do you get **PREPPED AND READY** for a match?

---

What do you want your **OPPONENTS** to think when they see you jog onto the field?

---

If you could choose **ONE SONG** to be your anthem, what would it be?

---



# SALMA PARALLUELO

FORWARD

SPAIN

BORN NOVEMBER 13, 2003

**“On your mark, get set, go!”** Salma and her brothers were forever racing around their family home in Zaragoza, Spain. In the park, at the school playground, throughout the neighborhood—they were always on the go, running, playing, and kicking soccer balls.

At seven years old, she channeled her energy into two sports: track and field, and soccer. When she was a teen, she collected medals as a sprinter, hurdler, and triple jumper. And over on the soccer field, her speed and power propelled her team to the world championships at the U-17 and U-20 levels. Called up by Barcelona in 2022, she made the agonizing decision to leave track and field behind and focus on soccer.

When she was a teen, Salma played a crucial role in Spain’s road to triumph at the 2023 World Cup. Deep into extra time in the quarterfinal match, she outran her Dutch defenders, swiveled, and, with a mighty left kick, ricocheted the ball off the post and into the net. Spain advanced, and four days later, Salma worked her magic again. Eighty-one minutes into the semifinal game, she saw an opening and expertly slammed the ball into the goal.

Being a teenage soccer superstar came with a price, though. All those years of pushing her body to the limit was taking a toll. Salma was playing in pain. She had to make another tough choice. In October 2024, she stepped away from soccer.

Four months later, she returned, ready to prep for Euro 2025. Taking time off to rest and heal was an investment in herself and in her future. And her future looks phenomenal!

## FIERCE FACT

As a teenager, Salma flew through the 300-meter hurdles in a jaw-dropping 42.56 seconds, setting a Spanish national record in the under-16 age group. With 53.83 seconds in the 400 meters, she also set a national record for the under-18s.



**“Sport has always been my way of expressing myself. It’s something I’m passionate about. It makes me happy and helps me grow.”**



## TRAINING TIP

Athletes train hard. There is always a risk of strain or injury. Salma reminds everyone to pay attention to their bodies. If you are in pain or feel exhausted, take the time you need to rest and heal so you can stay healthy and keep playing in the long term.

# LAUREN JAMES

FORWARD

ENGLAND

BORN SEPTEMBER 29, 2001

**For Lauren, it's always been soccer.** Whether she was practicing her shots with her brothers or playing for her local team, she was forever sharpening her skills. She was often the only girl, but that helped her game and made her the player she is today. She learned how to capture the ball and, once she got it, how to protect it from her opponents. It was never easy, but it proved to be a solid training ground for a serious talent. And those rough-and-tumble matches in the park wouldn't be the last time she ran circles around a group of boys on a pitch!

At six years old, Lauren joined Chelsea FC's under-10 girls team, and at 13, she was signed by rival club Arsenal. The girls team didn't offer Lauren enough of a challenge, so for a while, the coaches had her playing with the women. She was still a kid, though, so they found a better fit when they placed her with the boys. In 2017, she made her professional debut, and a year later, she made the move to Manchester United, where she showed her talent for chopping, feinting, and dancing around her opponents. In 40 league games between 2018 and 2021, she scored 22 goals.

In 2021, the fast-footed forward signed with Chelsea. With them, she has won four Women's Super League (WSL) titles and two Football Association (FA) Challenge Cups. She also shines on the national team,

bringing power, precision, and next-level ball control to every match. In England's second outing during Euro 2025, Lauren scored twice against the Netherlands, helping her team advance—and ultimately hold on to their title.

What's next for Lauren? She's got big plans to "keep improving, scoring, helping the team, and winning trophies."

## FIERCE FACT

For Lauren, soccer is a family sport. Her older brother Reece plays for Chelsea and England too! She and Reece are the first sister-brother duo in the modern era to represent the country at the senior level on the world stage.

10

## FIERCE FACT

The first goal Lauren scored against the Netherlands at Euro 2025 was clocked at 63.3 miles per hour. Talk about power!

"Play every game like it's your last."



## TRAINING TIP

The secret to Lauren's success is enjoying herself. She says, "You've got to be happy off the pitch to perform on it." So make sure to have fun!



# FEED YOUR SPEED

**SPEED IS CRUCIAL** for elite athletes like Salma and Lauren. Soccer players are always looking for their opening, when they can explode into the moment, snatch the ball, and bolt like lightning toward the goal, leaving their opponents in the dust.

Here are a few exercises to help you train your muscles so you can launch into action, outpace your opponents, and be an uncatchable force on the field.

SALMA



## POGO JUMPS

1. Stand with your legs shoulder-width apart and place your hands on your hips.
2. Without bending your knees much, push up from the balls of your feet to jump into the air. While in the air, push your toes upward.
3. Land on the balls of your feet, then quickly spring back up in the air—like a pogo stick! Keep doing pogo jumps for 30 seconds.



## HIGH KNEES

1. Stand with your legs shoulder-width apart.
2. Lift your right knee up to your chest.
3. Switch legs, and lift up your left knee.
4. Pump your arms as you move quickly from one high knee to the other. Continue for 30 seconds.

## SPRINT AND RETURN

1. Place an object, like a cone, shoe, or water bottle, about 20 to 30 feet away.
2. Sprint to the object.
3. Walk back to the starting point.
4. Complete the loop 10 times.
5. After a break, change the distance and repeat the exercise.



# PATRI GUIJARRO

MIDFIELDER

SPAIN

BORN MAY 17, 1998

Patri grew up in Palma, the capital city of Mallorca, a sun-splashed, mountain-speckled island off the east coast of Spain. She spent her days in the park with her father, who instilled in her a deep and joyous love of soccer.

As a kid, she trained with the boys. Then, at 17, she made the move to the big city to train at FC Barcelona's celebrated youth academy, La Masia. Once again, she was the only girl.

Steadily, she made her mark. But it was her performance in the 2018 U-20 World Cup that shot her profile into the stratosphere. In the opening game, she scored a hat trick against Paraguay. Her goal in the group stage helped knock the US off the board. She followed that up with a match-winning goal against Nigeria and an impressive header against France. Spain didn't come out on top, but Patri was awarded the Golden Ball for the tournament's best all-around player and the Golden Boot as the top scorer.

During the 2023 Champions League final, she once again showed off her stellar skills and calm under pressure. With Spain down by 2, Patri roared back with two breathtaking goals that set her team up for a 3-2 win.

With her talent and knowledge of the game, she has proven to be a reliable and versatile not-so-secret weapon for Barcelona and Spain. When other teammates are out and rosters need to shift, she's a go-to player who can seamlessly take on a new position.

No matter where her coaches put her, Patri rises to the top.

## FIERCE FACT

Patri stands up for herself and her fellow athletes. In 2021, she and her teammate Andrea Pereira founded FutPro, a union for female pro soccer players in Spain.

14

"You always have to give 100 percent, plus a bit more."

## TRAINING TIP

Patri knows that staying fit is about more than running laps on a field. "Nutrition is as important as training," she says. "It's our fuel, and it helps us perform better."



# NAOMI GIRMA

DEFENDER

UNITED STATES

BORN JUNE 14, 2000

After Naomi's dad fled a civil war in Ethiopia, he resettled in California, where he set up a soccer club to share his love of the game with the local kids. So, for Naomi, soccer was always about more than scoring goals—it was also about community. No matter who on her team scored, she cheered her heart out!

Some kids were dragged to the weekend practices by their parents. Not Naomi! The tackles, the passes, the teamwork—she loved it all. Through middle and high school, she grew faster, stronger, and more strategic, eventually landing a spot on the Stanford University squad. Elected captain in her sophomore year, she steered her team to its third national title. The sporting world took notice. And even though the Covid shutdown and a knee injury briefly derailed her, she took the top spot in the 2022 National Women's Soccer League (NWSL) draft.

Scooped up by the San Diego Wave, Naomi dazzled her new teammates and fans alike with her incredible ability to deliver passes to strikers up front.

At the 2024 Olympics, she played every minute of every US match. Some of the best players on Earth came at Naomi. And yet, again and again, she and her mighty back line thwarted the attackers.

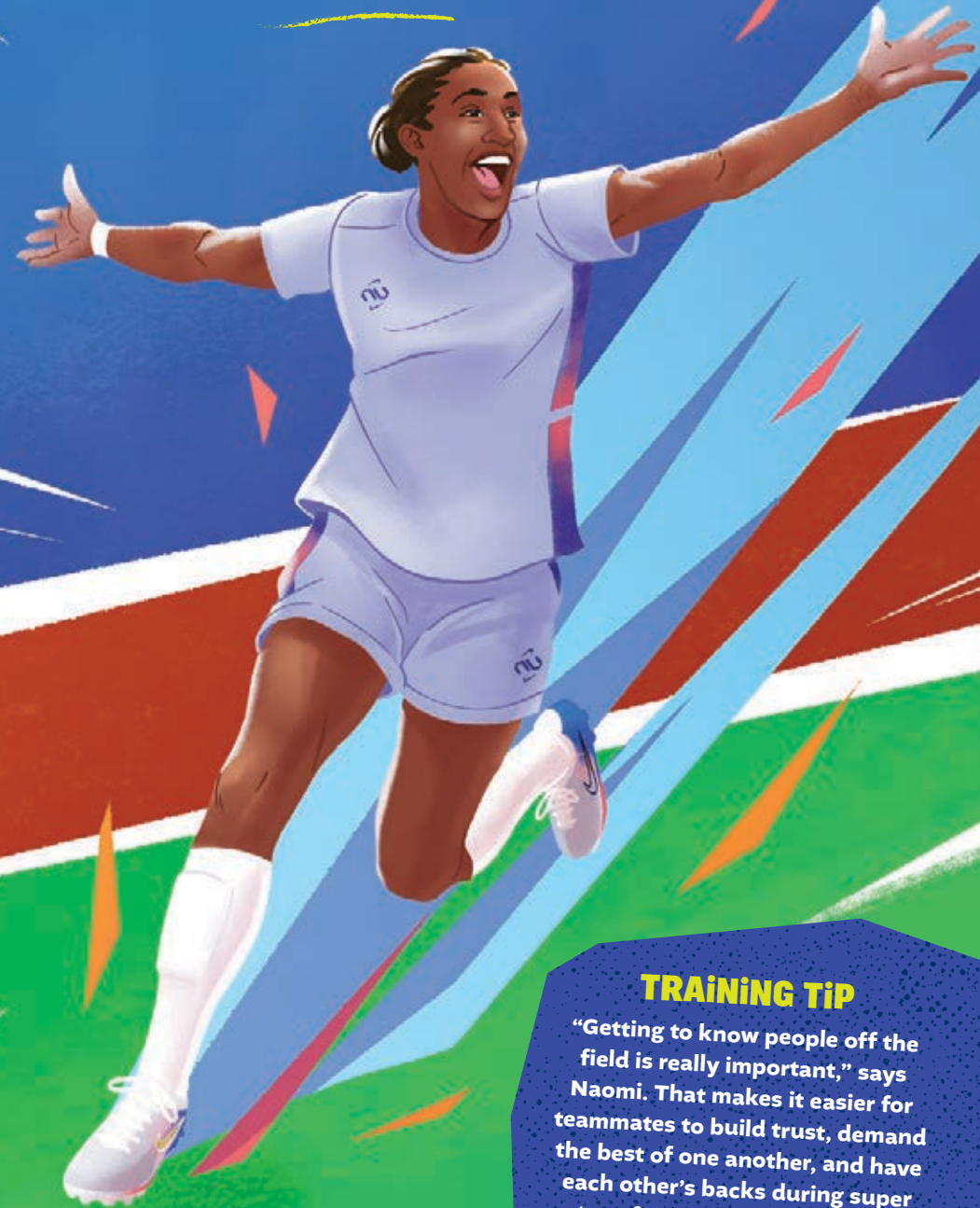
She intercepted balls, outfoxed her opponents, and set up goals. And for her efforts, not only did she snag a gold medal, but she also got to do it in front of her family. It was a dream come true!

In 2025, Naomi signed with Chelsea for a record-breaking transfer fee and quickly racked up big wins in the WSL, League Cup, and FA Cup.

## FIERCE FACT

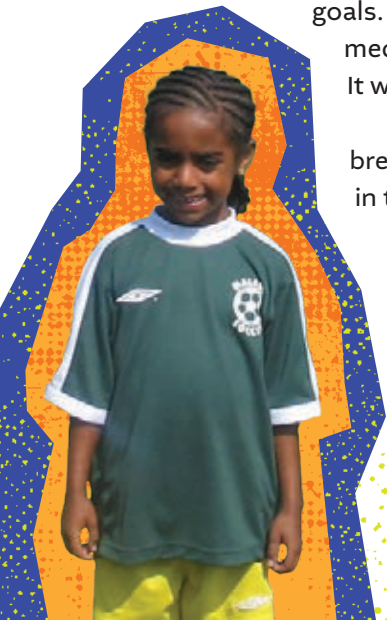
Naomi loves playing at Wembley Stadium in London. She has played there with Chelsea, when half the crowd was screaming for her team. She has also been there with the US national team, when almost no one was rooting for her. And she loved the energy of the stadium each time!

“Don't stop pushing for more. . . . Women's soccer has come such a long way, but there's always more that can be done.”



## TRAINING TIP

“Getting to know people off the field is really important,” says Naomi. That makes it easier for teammates to build trust, demand the best of one another, and have each other's backs during super stressful moments on the field.



**POWERHOUSE ATHLETES** like Naomi and Patri bring many talents to the field. They use their exceptional skill and technique to confidently attack, win the ball, and outmaneuver their rivals. With laserlike focus, they lean into their dribbling and passing ability to control the flow of play, streamline their crosses, and exploit any openings to reach their goal.

The motion of a game can change on a dime, so athletes need to be adaptable and practice their touch. To enhance your reflexes and boost your comfort on the ball, practice your footwork and momentum with these fun drills.



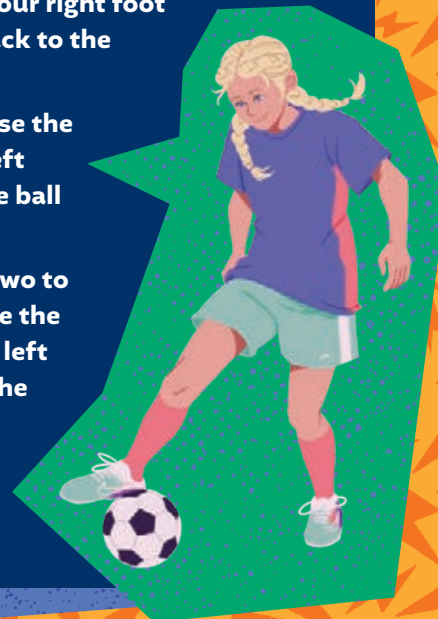
## OBSTACLE COURSE

1. Collect 4 or 5 nonbreakable items like books, stuffed animals, pillows, shoes, or water bottles.
2. Set them around your backyard, your playroom, a gymnasium, or the park—wherever you have safe space to run around.
3. Choose a path in and around the objects.
4. Dribble the ball along the path and back to your starting point.
5. Alter the route, choose one object to circle completely, or try to do the whole course while kicking with only the outsides of your feet. Have fun changing it up!

## FANCY FOOTWORK



1. Stand with your feet shoulder-width apart, and place the ball directly in front of you.
2. Use the outside of your right foot to nudge the ball to the right.
3. Take a step or two to the right and use the inside of your right foot to push the ball back to the starting point.
4. Switch feet and use the outside of your left foot to nudge the ball to the left.
5. Take a step or two to the left and use the inside of your left foot to push the ball back to the starting point.



6. Keep alternating feet and pushing the ball back and forth for 30 seconds.

# SOPHIA WILSON

FORWARD

UNITED STATES

BORN AUGUST 10, 2000

Six-year-old Sophia charged out onto the field, chased down the ball, and headed for the goal. Playing on a 3v3 team with some other little rascals, she already wanted to be the best. After practice, the other kids were ready for orange slices and screen time. But Sophia often wanted to head home and keep working on her moves. And her determination hasn't flagged.

At 12, she joined Real Colorado, one of the top clubs in the country. It was a huge commitment. The club's home base in Denver was an hour and a half away from her house. Her mom changed jobs to be able to drive her to and from practice. Still, Sophia never missed a session. Even after winning the 2019 NCAA Championship with her Stanford University squad, she remained committed to improving her game. After grueling practices, she'd stay behind to run sprints and lift more weights.

When she opted to enter the NWSL draft in 2020, she emerged as the number one pick, and was signed immediately by the Portland Thorns.

Time and again, her hard work has paid off. In 2022 alone, she scored 11 times for the national team, tallied 14 goals for the Thorns, led her team to its third NWSL Championship win, and earned the title of US Soccer Female Player of the Year.

In 2024, she took her ferocious pace and impressive footwork to the Paris Olympics, and she did not disappoint. The clock was ticking in extra time during the semifinal against Germany when Sophia buried the ball in the net, propelling the US team to the gold medal match—which it won.

Fans can't wait to see what she does next!

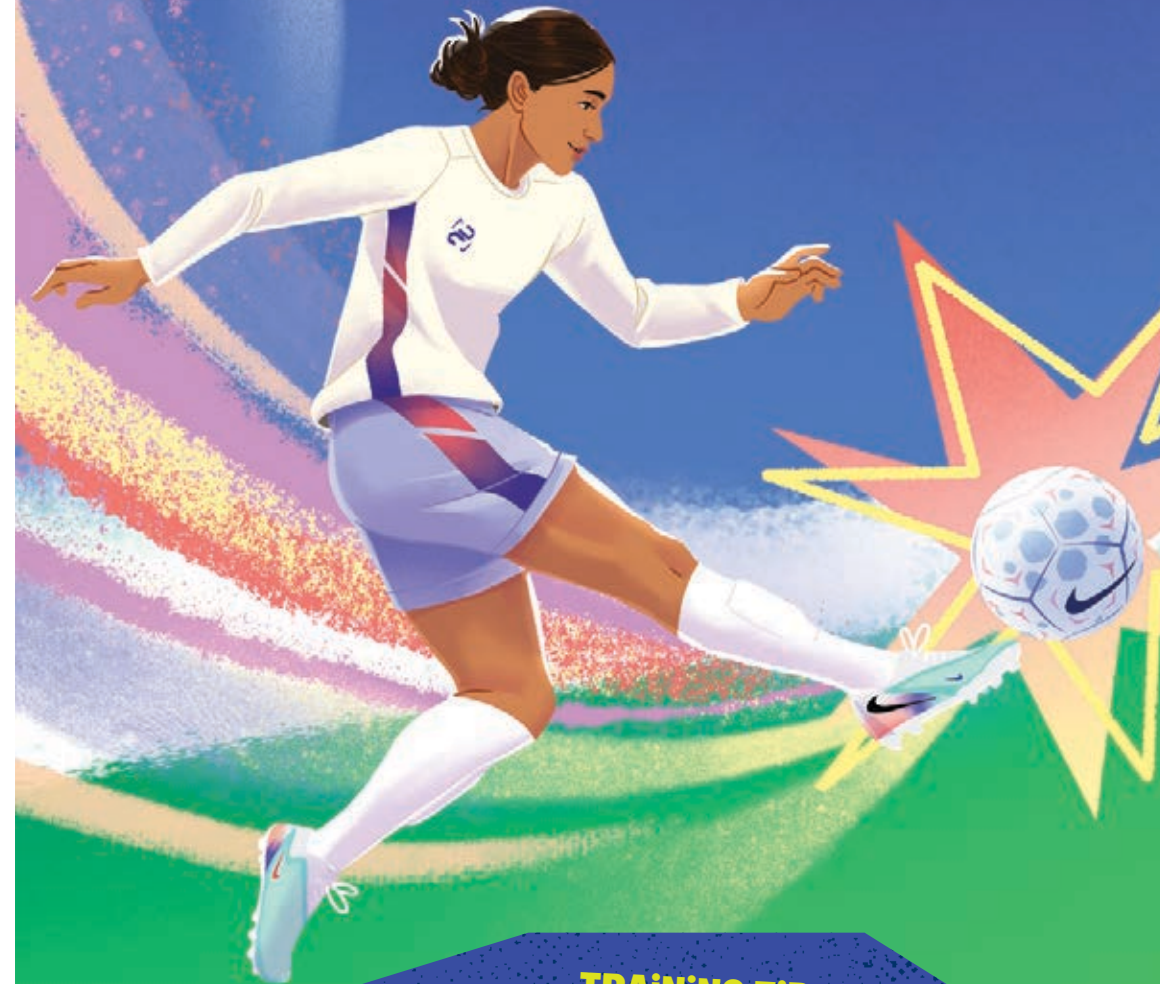
## FIERCE FACT

In 2022, Sophia became the youngest player in NWSL history to be named MVP. She was 22. A year later, she won the Golden Boot.

20



"Scoring goals and finishing is something that one can always, always improve and fine-tune. That's why I love it."



## TRAINING TIP

Sophia's advice to champions-in-training is to remember why you started playing in the first place. Hold on to the joy of the game. And, she says, "Don't let anything, anyone, or any situation take your confidence away."



# DEYNA CASTELLANOS

FORWARD

VENEZUELA

BORN APRIL 18, 1999

It was 94 minutes into the match, and Deyna groaned. Cameroon had just scored a goal to even up the score with Venezuela. She knew that a draw wouldn't do. They needed to win to advance in the 2016 U-17 World Cup. Even with the pressure mounting and the clock ticking, she saw a glimmer of hope. At the sound of the whistle, she sprinted to the ball and launched it from the center circle over the shocked faces of the Cameroonian defense, above the gloves of the goalkeeper, and straight into the net.

Her bold move was nothing new. She'd been defying expectations since she was a kid. At five years old, she tagged along when her brother went to soccer practice. Her eyes lit up, and soon she was galloping after the ball and practicing her own moves. The disapproving looks and snarky comments came quickly. *Doesn't she know that soccer is just for boys?* people asked. But Deyna ignored the naysayers. Soccer made her feel strong and free. And she was great at it!

In 2016, she accepted a scholarship to play for Florida State University. There, she racked up 48 goals in 82 games and bagged an NCAA Championship.

After college, Deyna took her dynamic attacks and spectacular shots to Atlético Madrid in Spain. Since then, she has played with Manchester City in the UK and Bay FC and the Portland Thorns in the US—and learned some things along the way. Her advice on winning at soccer, and in life: "Just be a good person, be a good teammate."

## FIERCE FACT

Deyna isn't just fearless on the field. When she moved to the US for college, she didn't speak any English. She swallowed her worries, packed up her cleats, and moved to a new country, where she learned a new language, met unforgettable friends, and picked up countless new skills on the pitch.

"Everything I do with my national team is to make my country proud, my family proud—but also to open doors for those little girls who didn't think that that could be possible."

## TRAINING TIP

Deyna has some encouraging words for all future champs: "Don't be embarrassed to make mistakes, because you're going to learn from them, and you'll just get better."



# CULTIVATE PRECISION

## THE DEADLIEST STRIKERS

in soccer have unbeatable aim. Whether they are lining up a shot or sprinting down the pitch, they set their sights on a clear path to the goal, and let loose with unstoppable kicks. But target practice isn't just for forwards like Deyna and Sophia. Every player on the field needs to sharpen their aim so they can pass and shoot the ball with surgical precision.

DEYNA



## TRAIN YOUR AiM

- 1.** Find a safe space. You'll need a wall or fence. Ideally, you'll do this drill outside or in a gym. Steer clear of windows or breakable objects.
- 2.** Use chalk or sticky notes to mark targets on the wall. Place some low to the ground and some a bit higher up. You can also use cones, stuffed animals, or items like water bottles.
- 3.** Choose a starting point, about 10 feet away from the wall. Place the ball on the ground, select a target, pull back your foot, aim . . . and kick!
- 4.** Keep practicing and watch your aim improve.
- 5.** Switch feet and practice some more.
- 6.** Take a break, move your starting point to another location, and repeat steps 3 to 5.



## AiM ON THE RUN

Repeat the exercise above, but this time, move 10 to 20 feet away from the ball. Approach the ball at a run and practice aiming while you're in motion.

# CELEBRATE YOUR SPORT

Playing sports helps keep your body and mind fit and nimble. It's also a great way to build community and foster lifelong friendships. Plus, it's lots of fun! How have sports changed your life?

"I honestly feel I get better every year, and that's a personal goal I'm proud to be achieving."

—PATRi GUIJARRO

PATRi

"I try my best to be a good role model to kids who want to play football and children in general. . . I just want kids to feel like if they want to become something, then they can do that by being themselves."

—LAUREN JAMES

"Playing for my country is the best thing—being a voice for that kid who didn't have any women's team or anything. My generation, we definitely changed that in my country. And now we see a lot of little girls playing and kicking a ball around."

—DEYNA CASTELLANOS

LAUREN



## Qs FOR YOU

What's **YOUR** soccer style?

---

Which athletic **iCONS** do you look up to and why?

---

What is one phrase or sentence you can say to yourself to **BOOST YOUR CONFIDENCE** on the field?

---

What does soccer **MEAN TO YOU?**

---

What are your **SPORTS GOALS?**

---



# OUTFITTED FOR GLORY

**“FEELING STRONG IN YOUR GEAR** makes a difference when you step onto the field,” says Salma. Naomi says, “My boots make me feel fierce and prepared to play.” Top-tier athletes push their training and determination to the limit. They know that split seconds count and that minor slips can make the difference between the thrill of a history-making play and the fleeting misery of a missed opportunity. So they seek out gear that is as exceptional as they are.

That’s why Nike assembled the powerhouse collective of Nike United athletes to help design a trio of shoes that enhance some of the players’ most cherished gifts: speed, precision, and versatility.

Like some of the superstar athletes who have come before them, the women of Nike United will continue to push boundaries, break records, and usher in a new and electrifying era of women’s soccer.

**MERCURIAL** was designed for athletes like Lauren and Salma, whose lightning-fast speed and reflexes make them unforgettable in competition.

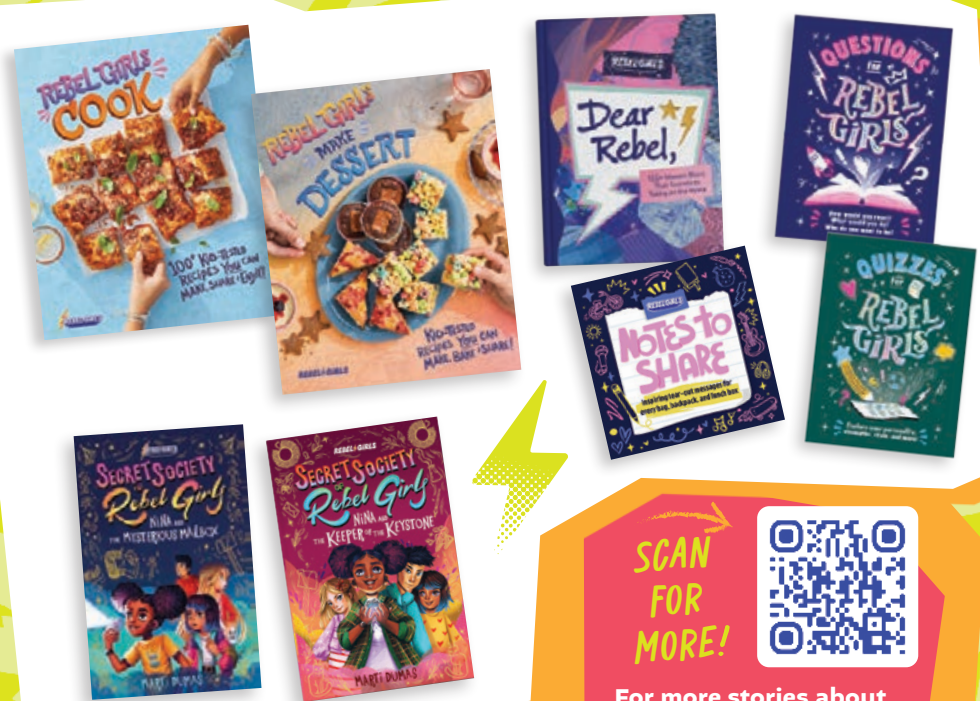
Sophia and Deyna wear **PHANTOM**, which helps them hone their on-pitch precision for impeccable aim and invincible strikes.

**TIEMPO** was created for players like Patri and Naomi, who direct the flow of play with their extraordinary touch and versatility.



# MORE BOOKS!

For more inspiring stories about amazing women and girls, and to get tried-and-tested advice on growing up and pursuing your dreams, check out other Rebel Girls books.



SCAN FOR MORE!



For more stories about game-changing women and girls, scan here.

ABOUT

**REBEL  
GiRLS**

**Rebel Girls**, a Certified B Corporation, is a global, multi-platform empowerment brand dedicated to helping raise the most inspired and confident generation of girls. The brand purposefully creates content, products, and experiences to empower Generation Alpha girls and equip them with the knowledge and tools they need to thrive. Because confident girls will radically transform the world.

With a growing community of 43 million self-identified Rebel Girls spanning more than 115 countries, the brand engages with Gen Alpha through its book series, premier app, events, and merchandise. To date, Rebel Girls has sold more than 11 million books in 62 languages and reached 100 million digital listens/views. Award recognition includes the *New York Times* bestseller list, the 2022 Apple Design Award for Social Impact, 10 Webby Awards, and more.



**REBEL GiRLS SPORT** is a bold new destination for tween and teen girls to inspire, build confidence, celebrate women athletes, and spark lifelong fandom through content, experiences, and products.

## JOIN THE REBEL GiRLS COMMUNITY

Head to **rebelgirls.com** and join our email list for exclusive sneak peeks, new content drops, creative activities, and more. If you want to say hi or have any questions, email us at **hello@rebelgirls.com**. We love hearing from you!



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# LEGENDARY!

Meet the powerhouse athletes of Nike United, and marvel at their incredible accomplishments on the field. Take your game to the next level with Salma Paralluelo, Lauren James, Patri Guijarro, Naomi Girma, Sophia Wilson, and Deyna Castellanos.

## IN THIS BOOK, YOU WILL:



find inspiration in stories of training and triumph



get expert advice on strengthening your game



learn drills to help you hone your speed, precision, and versatility



unlock thoughtful prompts to use to explore your own soccer style



Rebel Girls is a global, multi-platform empowerment brand dedicated to helping raise the most inspired and confident generation of girls.

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