



GOAL: Achieve at least _____ clean sheets (no goals conceded)

Things to consider:

- This is an outcome goal which depends on things in your control (technique, footwork, focus, etc.) and out of your control (how many shots you face, the quality of chances, etc.). Can we focus on the things we have control over?
- This goal requires tracking of statistics. Who will track these statistics for you? We suggest **not** having you track your own stats or having your coach track as both need to focus on the game.
- You will concede a goal at some point. How will you respond after conceding the goal?

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<p>Think about goals you've conceded in the past. Was there something you could have done better? If so, could you work on that outside of practice to help your chances? Here are some example videos you can do solo:</p> <p>Wall Exercises:</p> <ul style="list-style-type: none"> • Hand positioning and footwork – (Click Here for Video) • Includes playing with feet and diving – (Click Here for Video) <p>Ball Handling Exercises:</p> <ul style="list-style-type: none"> • Hand Exercises – (Click Here for Video) <p>Another option: Can you find someone to shoot on you?</p>	<p>Attitude:</p> <ul style="list-style-type: none"> • Come to practice wanting to improve and have fun. What can you improve to increase your chance of getting a clean sheet? • Growth mindset: we can improve if we're focused on learning and put in our best effort. <p>Focus:</p> <ul style="list-style-type: none"> • Listen to your coach and do your best to apply any coaching instructions. • You are going to make a mistake and/or concede a goal. How can you practice a reset (reset mechanism) and focus on the next save. <p>Effort:</p> <ul style="list-style-type: none"> • Effort is not just about big saves it's about doing little things right. Get the most out of every repetition. 	<p>Before Game:</p> <ul style="list-style-type: none"> • Mental repetition: Visualize an example of when you made a good save. Replay that save in your mind 5-10 times. Instead of just "seeing" the save in your mind, focus on how it felt with both your feet and hands. Find another example of a save and repeat. • Reset mechanism: If you concede a goal, what will you do to reset and focus on the next action. Examples could be saying "next one". <p>Once the game begins:</p> <ul style="list-style-type: none"> • Trust yourself and your preparation. GO ENJOY IT!

Short Term Goals: *Note these are just examples. Feel free to come up with different ideas you can do consistently throughout the season that will help you achieve your goal*

- Outside of practice: Spend (your choice) of minutes doing one (or more) of the exercises. Do these exercises (your choice) days a week.
- At practice: Rate yourself on a 1-10 scale (1 being your worst 10 being your best) on your attitude, focus, and effort after every practice. Can you consistently be at an 7-10?
- Games: Try mental repetitions before each game (night before, car ride, etc.) and a reset mechanism during the game (if needed). After the game, did you think it helped your performance? Why or why not?