

GOAL: Create \_\_\_\_\_ goals and/or assists



**Things to consider:**

- This is an outcome goal which depends on things in your control (technique, ball striking, movement, etc.) and out of your control (the opponent, teammates, 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 the stats during the game. Tracking after the game can work.

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<p>What are the things that you can improve that lead to more goals? Can you work on those outside of practice? Here are some example videos:</p> <p><b>Ball Striking Exercises:</b></p> <ul style="list-style-type: none"> <li>• How to strike a ball for power – (<a href="#">Click Here for Video</a>)</li> <li>• Finishing drills – (<a href="#">Click Here for Video</a>)</li> </ul> <p><b>Passing and Receiving Exercises:</b></p> <ul style="list-style-type: none"> <li>• Wall Exercises Younger players: start with two touches at 1:16 (<a href="#">Click Here for Video</a>)</li> <li>• Wall Exercises Three cone challenge: (<a href="#">Click Here for Video</a>)</li> </ul> <p><b>Movement off the ball:</b></p> <ul style="list-style-type: none"> <li>• Breaking lines – (<a href="#">Click Here for Video</a>)</li> </ul> <p><b>Scanning:</b></p> <ul style="list-style-type: none"> <li>• Intro to scanning – (<a href="#">Click Here for Video</a>)</li> </ul>	<p><b>Attitude:</b></p> <ul style="list-style-type: none"> <li>• Come to practice to improve and have fun. What can you do to create more goals?</li> <li>• Growth mindset: we can improve if we're focused on learning and put in our best effort.</li> </ul> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>• Listen to your coach and do your best to apply any coaching instructions.</li> <li>• Think about what you have control over in creating a goal (technique, movement, etc.). Focus on improving those areas.</li> </ul> <p><b>Effort:</b></p> <ul style="list-style-type: none"> <li>• Effort is not just about waiting for the game to work hard. Get the most out of every repetition.</li> <li>• Practice your movement off the ball, how many times can I break the line or get free with your movement? How often can you scan?</li> </ul>	<p><b>Before Game:</b></p> <ul style="list-style-type: none"> <li>• Mental repetition: Visualize an example of when you scored a goal. Replay that goal in your mind 5-10 times. Instead of just "seeing" the goal in your mind, focus on how it felt. Find another example of an assist and repeat.</li> </ul> <p><b>In warmups:</b></p> <ul style="list-style-type: none"> <li>• Get enough repetitions that you feel comfortable with your first touch, passing, and ball striking.</li> </ul> <p><b>Once the game begins:</b></p> <ul style="list-style-type: none"> <li>• Trust yourself and your preparation. GO ENJOY IT!</li> </ul>

**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.). After the game, did you think it helped your performance? Why or why not?