



GOAL: Dribble past a defender in one-on-one situations at least _____ times

Things to consider:

- 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.
- Being an effective dribbler doesn't always require "fancy" moves. Being able to fake a defender, then change speed and direction is the key. Can you be great at 2-3 moves?
- Think about where (middle or attacking 3rd) and when (1v1 situations) you would try to dribble past a player.

| Things you can do outside of practice | Things you can do at practice | Things you can do to help with games |
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| <p>Ball mastery exercises:</p> <ul style="list-style-type: none"> • 1000 touch workout – (Click Here for Video) <p>Moves to beat a player in a 1v1 exercises:</p> <ul style="list-style-type: none"> • 1v1 moves with instruction – (Click Here for Video) • Set up three cones 5-10 yards apart. Start at one cone, do a dribble move around the middle cone, and do a turn on the opposite cone. Repeat and try different moves. • Find someone to play 1v1 against. <p>Watch the best: (What do you notice? Can you do the same? How can you practice it? How?)</p> <ul style="list-style-type: none"> • Colorado Born Sophia Wilson (formerly Smith) – (Click Here for Video) • Lionel Messi – (Click Here for Video) • Mohammad Salah – (Click Here for Video) • Colorado born Mallory Swanson (formerly Pugh) – (Click Here for Video) | <p>Attitude:</p> <ul style="list-style-type: none"> • Come to practice wanting to improve and have fun. Can you dribble past defenders in practice? • 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 instructions into the session. • When you're learning something new, we need to put more focus on the technique. After many repetitions, the focus can then shift as you can do the technique without as much thought. <p>Effort:</p> <ul style="list-style-type: none"> • Try to dribble. Get the most out of every repetition by going game speed and intensity. • You will make mistakes and lose the ball. Can we learn from those moments and be brave enough to try again? | <p>Before Game:</p> <ul style="list-style-type: none"> • Mental repetitions: Visualize an example of you doing a dribbling move to beat a player on the dribble. Replay that movement in your mind 5-10 times. Instead of just "seeing" yourself do the move, focus on how it felt with. Find another example of a move and repeat. <p>In warmups:</p> <ul style="list-style-type: none"> • Get enough repetitions that you feel comfortable with the ball at your feet. <p>Once the game begins:</p> <ul style="list-style-type: none"> • When the whistle blows to start the game, 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.). After the game, did you think it worked? Why or why not?