



## GOAL: Improve my ability to strike the ball over longer distances

### Things to consider:

- Being able to strike a ball comes from a lot of repetition. How many times can you strike a ball both feet?
- You will make a mistake and misplace a pass or shot at some point. How can you focus on the next action?
- Though you might be working on ball striking, we don't want you to kick it as hard as you can every time you get the ball. Think about different situations and what is the best decision (dribble, pass, and/or shoot).

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<b>Ball Striking Exercises:</b> <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> <b>Longer Passing Exercises:</b> <ul style="list-style-type: none"> <li>• Different types of longer passes – (<a href="#">Click Here for Video</a>)</li> <li>• Find a goal or backstop that you can hit longer passes into. Start standing then take a touch first so the ball is moving when you strike.</li> </ul> <b>Partner Passing Exercises:</b> <ul style="list-style-type: none"> <li>• Horseshoes – (<a href="#">Click Here for Video</a>)</li> </ul> <b>Watch the best: (What do you notice? Can you do the same? How can you practice it?)</b> <ul style="list-style-type: none"> <li>• NWSL long distance goals – (<a href="#">Click Here for Video</a>)</li> <li>• Paul Scholes long passes– (<a href="#">Click Here for Video</a>)</li> </ul>	<b>Attitude:</b> <ul style="list-style-type: none"> <li>• Come to practice to improve and have fun. What can you do to improve your ball striking?</li> <li>• Growth mindset: we can improve if we're focused on learning and put in our best effort.</li> </ul> <b>Focus:</b> <ul style="list-style-type: none"> <li>• Listen to your coach and do your best to apply any coaching instructions.</li> <li>• 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.</li> </ul> <b>Effort:</b> <ul style="list-style-type: none"> <li>• Get the most out of every repetition by going game speed and intensity.</li> <li>• You will make mistakes, especially early on. Can we learn from those moments and focus on the process of improving?</li> </ul>	<b>Before Game:</b> <ul style="list-style-type: none"> <li>• Mental repetition: Visualize an example of when you struck the ball with a longer pass. Replay that pass in your mind 5-10 times. Instead of just "seeing" the pass in your mind, focus on how it felt. Find another example of a good strike on goal and repeat.</li> </ul> <b>In warmups:</b> <ul style="list-style-type: none"> <li>• Get enough repetitions that you feel comfortable with your ball striking.</li> </ul> <b>Once the game begins:</b> <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 worked? Why or why not?