



GOAL: Improve my communication by talking to defenders ____ times per game

Things to consider:

- This goal requires tracking the number of times you talk during the game. Who will track this for you? We suggest **not** having you track your own stats or having your coach track as both need to focus on the game.
- A goalkeeper can greatly impact a game with their voice as they see the “whole picture” of all the players in front of them.
- Can you be loud, confident, clear, and positive in your communication?

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<p>Click Here for Video of Sheffield United goalkeeper Aaron Ramsdale Mic'd up during a game (please note there is a swear word from another player at 5:15)</p> <p>Loud and Confident:</p> <ul style="list-style-type: none"> • Players need to hear you, especially when you're commanding your box. <p>Clear:</p> <ul style="list-style-type: none"> • Use a player's name and a simple command like “Up”, “Away”, “Time”, etc. • Use player number when talking about opposing team like “mark #10”. <p>Positive:</p> <ul style="list-style-type: none"> • Proactive over reactive: Can you communicate before a problem happens, rather than waiting to react after something goes wrong. • Catch them doing it right: Find moments where players did things well and say something. 	<p>Attitude:</p> <ul style="list-style-type: none"> • Come to practice to improve and have fun. What can you do to improve your communication at practice? • Growth mindset: Even if you're not the loudest naturally, communication is a skill you can build. <p>Focus:</p> <ul style="list-style-type: none"> • Listen to your coach and work with them on what you should be communicating to the team. • Speak with your teammates on what words you can use to effectively communicate. <p>Effort:</p> <ul style="list-style-type: none"> • Effort is not just about big saves it's about doing little things right consistently. Make communication part of every drill. 	<p>Before Game:</p> <ul style="list-style-type: none"> • Create the script: List some of the words you are going to say before the game and when they will be used. Practice saying them to yourself. • Mental repetition: Visualize an example of you communicating effectively. Replay that moment in your mind 5-10 times. Find another example and repeat. <p>Once the game begins:</p> <ul style="list-style-type: none"> • Trust your preparation, your team, and yourself. GO ENJOY IT!

Short Term Goals: 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: Come up with a script of words that you can say? The goal is that they will be loud, confident, clear, and positive. Watch professional games and notice how goalkeepers communicate. In those games, can you start to predict patterns of play so you can be proactive in your communication?
- 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?