

GOAL: Improve my footwork and hand positioning



Things to consider:

- Hand positioning and footwork seem basic, but they are important to becoming a good goalkeeper.
- Being good at the basics requires a lot of repetition.
- You are going to make mistakes. Can we learn from them and get better?

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
Footwork Exercises: <ul style="list-style-type: none"> • Ladder drills – (Click Here for Video) • Box step movement – Create a box with cones move around it with controlled steps, always facing forward in ready position. Progress by bouncing a ball while moving or placing one on each cone. Wall Exercises: <ul style="list-style-type: none"> • Hand positioning and footwork – (Click Here for Video) • Tennis ball #s: Number a tennis ball 1-4 on all sides. Toss against the wall and try to call the number closest to your hand before you catch it. Ball Handling Exercises: <ul style="list-style-type: none"> • Hand Exercises – (Click Here for Video) • If you find yourself on the couch watching tv, have a soccer ball with you and work on your handling. 	Attitude: <ul style="list-style-type: none"> • Come to practice wanting to improve on your goal and have fun. • Growth mindset: we can improve if we're focused on learning and put in our best effort. Focus: <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. Effort: <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. • If you make a save with incorrect hand positioning, move your hands to the proper position before you do your next action. 	Before game: <ul style="list-style-type: none"> • Mental repetitions: Visualize an example of when you made a save with good footwork and hand positioning. 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. In warmups: <ul style="list-style-type: none"> • Get enough repetitions that you feel comfortable with your hand positioning and footwork. Once the game begins: <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?