



GOAL: Improve my movement off the ball

Things to consider:

- “On average a player has a ball for 3 minutes in a game. It's what you do during those 87 minutes when you do not have the ball. That is what determines whether you're a good player or not.” – Johan Cruyff
- Improving movement off the ball is a combination of finding space by scanning and creating space with different types of movements. The goal is to get free, to get turned, to go forward.

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
Scanning: <ul style="list-style-type: none"> • Intro to scanning – (Click Here for Video) • Scanning to find space between defenders – concept #1 (Click Here for Video) Different Types of Movements: <ul style="list-style-type: none"> • Breaking lines – (Click Here for Video) • Opposite movement – Move away from the space where you want to receive the ball, then quickly change speed and go back to that space (Click Here for Video) Watch a professional game: <ul style="list-style-type: none"> • Instead of focusing on the ball, focus on one of these things: <ul style="list-style-type: none"> ○ Look at how much space (green grass) there is on the field. ○ Look for shapes between players (triangles, diamonds, etc.) ○ Track one player who plays the same position. Watch their movements off the ball. Watch how often they scan. 	Attitude: <ul style="list-style-type: none"> • Come to practice to improve and have fun. Can you use all the different types of movements you learned in a practice session? • 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 coaching instructions. • When you don't have the ball, how can you remain focused on the game. Can your movement get you or a teammate the ball? Effort: <ul style="list-style-type: none"> • Effort is not just about waiting for the game to work as hard as you can. Get the most out of every repetition. How active can you be in every training session? • You sometimes won't get the ball. Can you keep your effort high even when the ball doesn't come? 	Before Game: <ul style="list-style-type: none"> • Mental repetition: Visualize an example of you using good movement to get the ball. Replay that movement in your mind 5-10 times. Instead of just “seeing” the movement in your mind, focus on how it felt to scan for space and move into the space you've created. Find another example of a different movement and repeat. In warmups: <ul style="list-style-type: none"> • Be active in warmups trying to get the ball. Try to get comfortable with the different movements you'll use in the game. Once the game begins: <ul style="list-style-type: none"> • 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?