

GOAL: Improve my weaker foot



Things to consider:

- Being able to strike a ball comes from a lot of repetition. How many touches can you get with your weak foot?
- You will make a mistake with your weaker foot. How can you focus on the next action?

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<p>You can do all the exercises with both feet but try to get more repetitions with your weaker foot.</p> <p>Ball mastery exercises:</p> <ul style="list-style-type: none"> • 30 drills for ball mastery and control – (Click Here for Video) <p>Passing and Receiving wall exercises:</p> <ul style="list-style-type: none"> • Younger players: start with two touches at 1:16 (Click Here for Video) • Three cone challenge: (Click Here for Video) <p>Ball Striking exercises:</p> <ul style="list-style-type: none"> • Different types of longer passes – (Click Here for Video) • 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. <p>Juggling:</p> <ul style="list-style-type: none"> • Kick and catch – (Click Here for Video) • Kick and bounce – (Click Here for Video) 	<p>Attitude:</p> <ul style="list-style-type: none"> • Come to practice wanting to improve on your goal and have fun. How can you improve your weaker foot at training? • 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"> • Get the most out of every repetition by going game speed and intensity. • You will make mistakes, especially early on. Can we learn from those moments and show effort to win the ball back? 	<p>Before Game:</p> <ul style="list-style-type: none"> • Mental repetitions: Visualize an example of you doing something good with your weak foot (dribble, receive, pass, shot, etc.). Replay that movement in your mind 5-10 times. Instead of just "seeing" yourself do the move, focus on how it felt. Find another example and repeat. <p>In warmups:</p> <ul style="list-style-type: none"> • Get enough repetitions that you feel comfortable with the ball on your weaker foot <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?