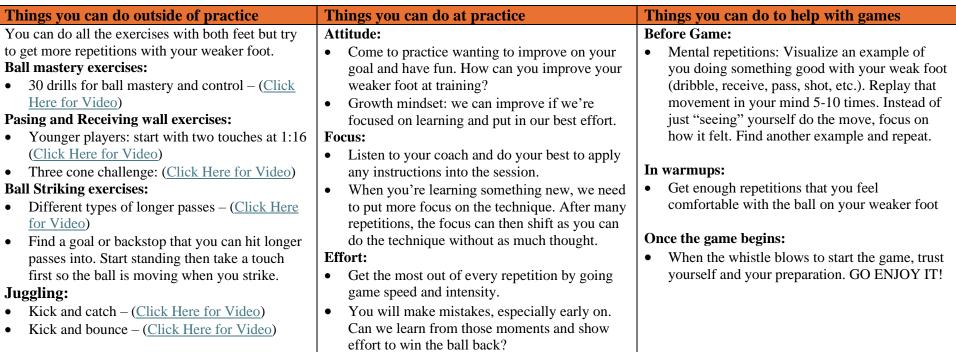
## GOAL: Improve my weaker foot

## 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?



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?

