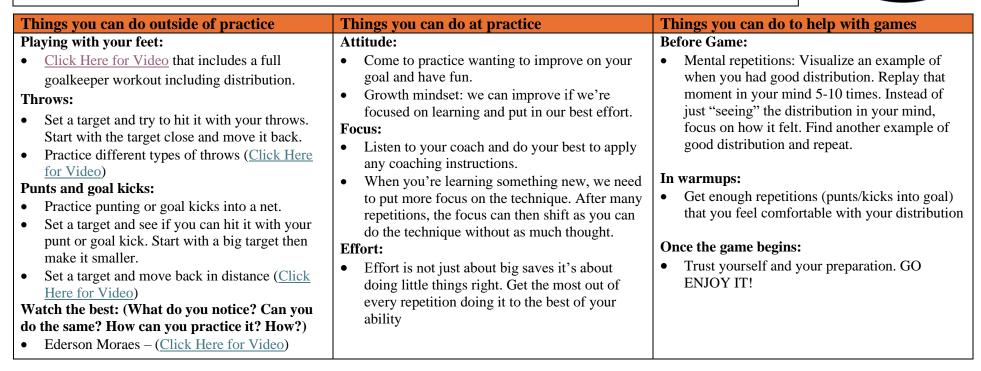
Things to consider:

- The ability to play with your feet is an important part of being a goalkeeper in the modern game.
- Improving your distribution will come with a lot of repetition.
- Even the best goalkeepers in the world make mistakes with their distribution.



COLORADO

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.
 - Challenge yourself with the targets. How may can you get in a row?
- 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 distribution? Why or why not?