

GOAL: Improve my GK distribution with throws, punts, and goal kicks



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.

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<p>Playing with your feet:</p> <ul style="list-style-type: none"> • Click Here for Video that includes a full goalkeeper workout including distribution. <p>Throws:</p> <ul style="list-style-type: none"> • Set a target and try to hit it with your throws. Start with the target close and move it back. • Practice different types of throws (Click Here for Video) <p>Punts and goal kicks:</p> <ul style="list-style-type: none"> • Practice punting or goal kicks into a net. • Set a target and see if you can hit it with your punt or goal kick. Start with a big target then make it smaller. • Set a target and move back in distance (Click Here for Video) <p>Watch the best: (What do you notice? Can you do the same? How can you practice it? How?)</p> <ul style="list-style-type: none"> • Ederson Moraes – (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. • 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 coaching instructions. • 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"> • Effort is not just about big saves it's about doing little things right. Get the most out of every repetition doing it to the best of your ability 	<p>Before Game:</p> <ul style="list-style-type: none"> • Mental repetitions: Visualize an example of when you had good distribution. Replay that moment in your mind 5-10 times. Instead of just "seeing" the distribution in your mind, focus on how it felt. Find another example of good distribution and repeat. <p>In warmups:</p> <ul style="list-style-type: none"> • Get enough repetitions (punts/kicks into goal) that you feel comfortable with your distribution <p>Once the game begins:</p> <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.
 - Challenge yourself with the targets. How many 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?