

GOAL: Maintain a save percentage of ____ % or higher



Things to consider:

- Professional goalkeepers have save percentages less than 70% ([Source](#)). Think realistically when you set your number.
- This is an outcome goal which depends on things in your control (technique, footwork, focus, etc.) and out of your control (how many shots you face, the quality of chances, etc.). Can we focus on the things we have control over?
- This goal requires tracking of statistics (number of saves/number of shots faced). Who will track these statistics for you? We suggest **not** having you track your own stats or having your coach track the stats during the game.

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<p>What are the things that you can improve that lead to a higher save percentage? Can you work on those outside of practice? Here are some example videos:</p> <p>Wall Exercises:</p> <ul style="list-style-type: none"> • Hand positioning and footwork – (Click Here for Video) • Includes playing with feet and diving – (Click Here for Video) <p>Ball handling exercises:</p> <ul style="list-style-type: none"> • Hand Exercises – (Click Here for Video) <p>Another option: Can you find someone to shoot on you?</p>	<p>Attitude:</p> <ul style="list-style-type: none"> • Come to practice to improve and have fun. What can you do to help increase your save %? • 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. • You are going to make a mistake and/or concede a goal. How can you use practice to reset and focus on the next save. <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. 	<p>Before Game:</p> <ul style="list-style-type: none"> • Mental repetition: Visualize an example of when you made a good save. Replay that save in your mind 5-10 times. Instead of just "seeing" the save in your mind, focus on how it felt with both your feet and hands. Find another example of a save and repeat. <p>Once the game begins:</p> <ul style="list-style-type: none"> • Maintain focus on the game and be in the moment. No need to track your save percentage while you play as you can figure that out after the game. • 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 helped your performance? Why or why not?