

## GOAL: Take more risks in attack when I play



### Things to consider:

- "I always try to play with confidence, to take risks, and to be creative." – Christian Pulisic USMNT Player
- Not wanting to take risks is sometimes developed by a fear of failure. Every player makes mistakes and “fails” from time to time. Can your mentality be: If you see an opportunity, go for it! If a mistake happens, we recover and try again.
- Think **WHERE** to take a risk in attack. Can we take risks in the attacking 3rd of the field? ([Click Here for further explanation of the thirds](#))

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<p>What technique can you improve that will allow you to have the confidence to take risks? Can you do what the best do? How can you practice it?</p> <p><b>1v1 Dribbling Exercises -</b></p> <ul style="list-style-type: none"> <li>• Watch the best: Mallory Swanson – (<a href="#">Click Here for Video</a>)</li> </ul> <p><b>Passing and Receiving Wall Exercises -</b></p> <ul style="list-style-type: none"> <li>• Younger players: start with two touches at 1:16 (<a href="#">Click Here for Video</a>)</li> <li>• Watch the best – (<a href="#">Click Here for Video</a>)</li> </ul> <p><b>Shooting Exercises –</b></p> <ul style="list-style-type: none"> <li>• Finishing drills – (<a href="#">Click Here for Video</a>)</li> <li>• Watch the best – (<a href="#">Click Here for Video</a>)</li> </ul> <p><b>Scanning – can you get more information before you receive the ball?</b></p> <ul style="list-style-type: none"> <li>• Intro to scanning – (<a href="#">Click Here for Video</a>)</li> </ul>	<p><b>Attitude:</b></p> <ul style="list-style-type: none"> <li>• Come to practice to improve and have fun. How can you be brave to take risks in practice?</li> <li>• Growth mindset: we can improve if we’re focused on learning and put in our best effort.</li> </ul> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>• Listen to your coach and do your best to apply any instructions into the session.</li> <li>• Focus on the situation and what is the correct decision. Sometimes, it’s great to take risks. Other situations need simple actions.</li> </ul> <p><b>Effort:</b></p> <ul style="list-style-type: none"> <li>• You’ll make mistakes when taking risks. Can you respond to a mistake with an increase in effort?</li> <li>• Can you increase your movement off the ball and scanning to help create more space and time to take risks?</li> </ul>	<p><b>Before Game:</b></p> <ul style="list-style-type: none"> <li>• Mental repetition: Visualize an example of you taking a risk (dribbling, passing, shooting, etc.) and doing it well. Replay that moment in your mind 5-10 times. Instead of just “seeing” the moment in your mind, focus on how it feels to take the risk. Find another example and repeat.</li> </ul> <p><b>In warmups:</b></p> <ul style="list-style-type: none"> <li>• Get enough repetitions that you feel comfortable with the ball at your feet.</li> </ul> <p><b>Once the game begins:</b></p> <ul style="list-style-type: none"> <li>• Take a deep breath, trust yourself and your preparation. GO ENJOY IT!</li> </ul>

**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?