



GOAL: Win ____ balls out of the air

Things to consider:

- This is an outcome goal which depends on things in your control (technique, timing, attitude, etc.) and out of your control (how many balls in the air, size of the opponent, etc.). Can we focus on the things we have control over?
- This goal requires tracking of statistics. Who will track these statistics for you? We suggest **not** having you track your own stats or having your coach track the stats.

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
Controlling the ball out of the air exercises: <ul style="list-style-type: none"> • Juggling – Use video up to 8:30 (Click Here for Video) • Wall Exercises – (Click Here for Video) Judging the flight of the ball: <ul style="list-style-type: none"> • Can you find someone to play you passes (or punts) in the air? Heading the ball (per US Soccer, limit repetitions of practicing headers): <ul style="list-style-type: none"> • Different types of headers – (Click Here for Video) Watch the best: (What do you notice? Can you do the same? How can you practice it? How?) <ul style="list-style-type: none"> • Lisandro Martinez (5'9" center back – (Click Here for Video)) • Highlights – Headers (Click Here for Video) and Volleys (Click Here for Video) 	Attitude: <ul style="list-style-type: none"> • Come to practice wanting to improve on your goal and have fun. How many balls can you win out of the air during training? • Growth mindset: we can improve if we're focused on learning and put in our best effort. • Be brave to attack the ball in the air. Focus: <ul style="list-style-type: none"> • Listen to your coach and do your best to apply any instructions into the session. • 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. Effort: <ul style="list-style-type: none"> • Do your best to move your body to get in line with the flight of the ball. • Get the most out of every repetition by going game speed and intensity. 	Before Game: <ul style="list-style-type: none"> • Mental repetitions: Visualize an example of you winning the ball out of the air with proper technique. Replay that movement in your mind 5-10 times. Instead of just "seeing" yourself do the move, focus on how it feels to receive a ball. Find another example of you winning the ball out of the air and repeat. In warmups: <ul style="list-style-type: none"> • Get enough repetitions that you feel comfortable with your timing and technique. Once the game begins: <ul style="list-style-type: none"> • 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 worked? Why or why not?