



Reset after a mistake

PSYCHOLOGICAL · RESILIENCE ·

4 PLAYERS: YOU, A SERVER, A DEFENDER AND A TARGET (SWAP ROLES EACH ROUND)

· AGE 13+

CHECKLIST

The 3-second reset

Breathe out



Say your cue word: "Next"



Sprint to your next job



After: count your resets



Set up

A server with a ball

A defender, no tackles

A target player

Dose

3 rounds of 4 minutes

2 min: count your resets

Reset within 3 seconds; 3 rounds of 4 minutes, then 2 minutes counting your resets (the Football Reach target, not an FA rule).

What it trains

A 3-second reset for after a mistake: breathe out, say one cue word, then sprint to your next job, practised in a passing drill until it is automatic. The 3 steps are our routine; studies support self-talk and set routines in sport in general.

How it works

- 1 Pick your reset and practise it once without the ball: breathe out, say one cue word to yourself (for example "Next"), find the ball, then sprint to your next job.
- 2 Warm up first. A server with a ball stands about 6 m from you, a target player about 12 m away, and a defender in between who may only intercept passes (no tackling).
- 3 The server passes to you and you pass on to the target. If the defender cuts it out, they pass it straight back to the server.
- 4 Every time you lose the ball, do the reset and be straight back in: sprint to a new angle where the server and the target can both find you.
- 5 Play 3 rounds of 4 minutes, swapping roles each round. Then take 2 minutes to count how many times you reset instead of stopping, and note it in your setback log.

Coaching points

- 1 **Breathe out, say your word**
Breathe out slowly once, then say your cue word to yourself. The FA lists positive self-talk and emotional control among the skills to develop at this age, and a review of 32 sport studies found self-talk helped performance (a moderate effect, Hatzigeorgiadis et al. 2011).
- 2 **Find the ball, then space**
Find the ball first, then your space: the next place you can help, here a new angle where the server and the target can both find you. The whole reset takes about 3 seconds (our target).

× **Not this:** Stopping to replay the mistake (head down, hands on your head, or arguing) while play goes on. You cannot change that pass; you can change the next action.

↗ HARDER

Use the reset in a 3 v 3 or 4 v 4 game (about 20 x 15 m), with a friend counting your resets and scoring you.

↘ EASIER

Reset only after big mistakes at first, and let the defender stay in one spot so the open angle is easier to find.

🛡 Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- The defender only intercepts: no tackles, no slide tackles, and keep the ball on the ground.
- Warm up first. Flat grass with space all round, never a road or driveway.
- Mistakes are part of learning. If you feel upset, it is fine to stop and talk to your coach. If you feel low or anxious for a while, talk to a parent, a coach or someone you trust.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/reset-after-a-mistake

Then take the free test at footballreach.com