The Non-League Network

thenon-leaguenetwork.co.uk/

# Training Journal

## Player Details

**Name:**

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**Date:**

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**Session Type:**

☐ Team Training

☐ Individual Session

☐ Gym

☐ Running / Conditioning

☐ Recovery

# Session Focus

## What was the main focus of this session?

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## What did I want to improve?

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# Before Training

## How did I feel before the session?

**Energy**:

☐ Low
☐ Average
☐ Good
☐ Excellent

**Confidence:**

☐ Low
☐ Average
☐ Good
☐ Excellent

# During Training

## What went well?

## What challenges did I face?

## What did I learn?

# After Training

## Rate my session ⭐⭐⭐⭐⭐

### My biggest takeaway

### One thing I will improve next time

## Technical / Tactical Reflection

### Something I improved:

### Something I need to work on:

## Physical Reflection

### How did my body feel?

### Anything to improve?

☐ Strength
☐ Speed
☐ Fitness
☐ Mobility
☐ Recovery

Notes:

# Next Session Focus

What will I focus on next time?

# Weekly Review

At the end of the week:

## What did I improve?

## What needs more attention?

## My focus for next week:

# Next Step

Use your Training Journal alongside your:

**Weekly Habit Tracker**
and
**Weekly Football Planner**
to create more intentional training habits.

## Related Resources

🧰 Weekly Football Planner
🧰 Weekly Habit Tracker
🧰 Recovery Tracker
🧰 S&C Programmes

