The Non-League Network

thenon-leaguenetwork.co.uk

Mission 1

Welcome to NLN Player Support



🎯 Mission Objective

Welcome to NLN Player Support, understand what support is available and take your first steps as part of the community.

Mission Videos

Click below to watch Mission videos:

- Module 1.1
- Module 1.2
- Module 1.3
- Module 1.4
- Module 1.5

You have joined a community built for ambitious grassroots and non-league footballers who want to improve, develop and progress.

- Football can be difficult to navigate.
- Finding the right advice.
- Knowing what to work on.
- Understanding how to improve.
- Finding opportunities.
- Getting support when things don't go to plan.

That is where NLN Player Support comes in.

Our aim is simple:

To provide players with the support, resources, guidance and connections they need to become better footballers.

Over time, NLN Player Support will continue to grow with:

- Player Missions
- Expert advice
- Performance support

- Physio and recovery guidance
- Nutrition support
- Football resources
- Partner benefits
- Opportunities
- A community of players on the same journey

🚀 How NLN Player Support Works

NLN Player Support is built around three key areas.

1. Learn

Access resources, videos and advice to help you improve.



Examples:

- Training
- Recovery
- Match preparation
- Mindset
- Development

2. Connect

Be part of a community of players who share the same journey.

Use the community to:

- Ask questions
- Share experiences
- Learn from others
- Celebrate progress

3. Develop

Complete Player Missions and build better habits over time.

Small improvements consistently lead to better players.

✅ Your First Actions

1️⃣ Introduce Yourself

Head into the WhatsApp Community and tell everyone:

⚽ Your name
🏟️ Your position
👕 Your current club (if applicable)
🎯 Your football goal this season

2️⃣ Explore NLN Player Support

Take some time to look through the support currently available.

Find out:

- What resources are available
- What support you can access
- How you can use NLN to help your football journey



3️⃣ Set One Football Goal

Choose one thing you want to improve this week.

Examples:

- Improve my fitness
- Be more consistent at training
- Improve my recovery
- Work on my weaker foot
- Watch and learn from my performances
- Improve my nutrition

4️⃣ Stay Involved

The more you put into NLN, the more you get out.

- Ask questions.
- Share your experiences.
- Support other players.

My First Week With NLN

☐ Join the WhatsApp Community
☐ Introduce yourself
☐ Explore NLN Player Support
☐ Set one football goal
☐ Complete Mission 2

✅ Mission Complete

You have:

✅ Joined the NLN community
✅ Started your football journey
✅ Set your first goal

Next step:

🏁 **Mission 2 — Set Your Football Goals**

Find [HERE]