The Non-League Network

thenon-leaguenetwork.co.uk/

Player Goal Setting Worksheet

Player Details

Name:

Season:

Current Club:

My Football Vision

Where do I want football to take me?

My Main Goal

My biggest football goal:

Why is this important to me?

Development Goals

Technical Goal

What skill do I want to improve?

Action:

Tactical Goal

What part of my game understanding do I want to improve?

Action:

Physical Goal

What physical area do I want to improve?

Action:

Mental Goal

What mindset area do I want to improve?

Action:

My Weekly Actions

To achieve my goals I will:

☐ Complete extra training

☐ Improve recovery

☐ Review performances

☐ Improve nutrition

☐ Watch and analyse football

☐ Ask for feedback

☐ Other:

My Accountability

Who will help keep me accountable?

How will I track progress?

Monthly Check-In

Have I done the actions required?

☐ Yes

☐ Partly

☐ No

What needs to change?

Final Commitment

The player I want to become:

The actions I will take:

Next Step

Turn your goals into daily and weekly actions.

Use:

- Weekly Football Planner
- Weekly Habit Tracker
- Monthly Progress Review

to stay consistent.

Related Resources

🧰 Player Self-Assessment
🧰 Season Goal Planner
🧰 Weekly Football Planner
🧰 Monthly Progress Review