The Non-League Network

thenon-leaguenetwork.co.uk/

Match Review Sheet

Player Details

Name:

Date:

Opposition:

Position Played:

Result:

Match Rating

How would I rate my performance? ⭐ ⭐ ⭐ ⭐ ⭐

My Performance Review

What went well?

Think about:

- Positive actions
- Good decisions
- Moments where you helped the team

What could I improve?

Think about:

- Mistakes
- Decisions
- Technical areas
- Tactical understanding

My Game

Technical

What did I do well?

What can I improve?

Tactical

What did I do well?

What can I improve?

Physical

How did I perform physically?

☐ Strong
☐ Good
☐ Average
☐ Below my standard

What can I improve?

Mental

How was my mindset?

☐ Confident
☐ Focused
☐ Positive



☐ Frustrated
☐ Needed more concentration

What can I improve?

Key Moments

My best moment of the game:

A moment I can learn from:

Feedback

Did I receive feedback from my manager, coach or teammates?

My Action Plan

One thing I will improve before my next game:

How will I improve it?

Next Match Focus

My focus for the next match:



Next Step

Use your match reviews to identify patterns over time.

One match tells you something.

Multiple reviews help you understand your development.

Combine this with your:

Training Journal
and
Weekly Football Planner
to turn feedback into action.

Related Resources

🧰 Training Journal
🧰 Weekly Football Planner
🧰 Weekly Habit Tracker
🧰 Recovery Tracker