The Non-League Network

thenon-leaguenetwork.co.uk/

Matchday Checklist

Player Details

Name:

Match Date:

Opposition:

Kick-Off Time:

The Day Before Matchday

☐ Prepare football kit
☐ Check boots and equipment
☐ Prepare water bottle
☐ Plan travel arrangements
☐ Eat a suitable meal
☐ Hydrate properly
☐ Get good quality sleep
☐ Visualise my role and responsibilities

Matchday Morning

☐ Wake up with enough time
☐ Eat a suitable breakfast
☐ Drink water
☐ Complete mobility / activation if needed
☐ Review my personal goals for the game
☐ Stay relaxed and focused

Before Leaving Home

☐ Boots
☐ Shin pads
☐ Kit
☐ Socks
☐ Training top
☐ Water bottle
☐ Food/snacks
☐ Recovery items
☐ Any medication/support items

Pre-Match Preparation

My focus for today's game:

What do I want to do well?

What are my key responsibilities?

Warm-Up

☐ Arrive prepared
☐ Complete activation
☐ Prepare physically
☐ Prepare mentally
☐ Communicate with teammates



Post-Match Reflection

How did I perform? ⭐⭐⭐⭐⭐

What went well?

What can I improve?

One thing I will focus on next game:

My Matchday Routine

Things that help me perform:

Next Step

Use your matchday checklist regularly and build a routine that helps you perform consistently.

Review your performance after every game using the:

Match Review Sheet

Related Resources

🧰 Match Review Sheet
🧰 Recovery Tracker
🧰 Training Journal
🧰 Weekly Football Planner

