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Mission 2 Set Your Football Goals

🎯 Mission Objective



Understand where you want your football journey to go and create clear goals that give you direction.

Time to complete: 15 minutes

Mission Videos

Click below to watch Mission videos:

- Module 2.1
- Module 2.2
- Module 2.3
- Module 2.4
- Module 2.5

⚽ Why Goals Matter

Every player wants to improve.

But improvement is difficult when you don't know what you're working towards.

The best players don't just turn up and hope they get better.

They understand:

- Where they are now
- Where they want to get to
- What they need to improve
- What actions they need to take

Goals give you direction.

They help you stay focused when motivation drops, helping you measure progress over time.

🧠 Think About Your Football Journey

Before setting your goals, ask yourself:



Where am I now?

Be honest.

- What level am I currently playing at?
- What are my strengths?
- What areas need improving?
- What is holding me back?

Where do I want to go?

Think about:

- What level do I want to play at?
- What do I want to achieve this season?
- What type of player do I want to become?

Examples:

"I want to become a regular starter."
"I want to improve my fitness."
"I want to move up the football pyramid."
"I want to recover properly and stay injury free."

🎯 Create Your Goals

We want players to focus on three levels.

1. Season Goal

Where do you want to be by the end of the season?

Examples:

- Earn a starting position
- Play at a higher level
- Improve my fitness
- Become a better leader
- Score more goals
- Improve defensively

2. 90-Day Goal

What can you achieve in the next three months?

Examples:

- Improve my strength
- Build consistency
- Improve my weak foot
- Attend every training session
- Complete extra sessions



3. Weekly Action

What can you do this week?

Examples:

- Complete an extra session
- Improve recovery
- Watch a game back
- Stretch after training
- Improve nutrition

Your Mission Actions

Complete these:

☐ Write down your season goal
☐ Write down your 90-day goal
☐ Choose one action for this week
☐ Share your goal with the community if you want accountability

✅ Mission Complete

You have:
✅ Identified where you want to go
✅ Set your season goal
✅ Created your first action step

Remember:
Big improvements come from small actions repeated consistently.

Next step:
🏁 **Mission 3 — Build Your Weekly Routine**

Find [here]

What Player Resources Should I use

- Player Self-Assessment
- Player Goal Setting Worksheet
- Season Goal Planner
- Monthly Goal Planner

- **Find them [here]**