The Non-League Network

thenon-leaguenetwork.co.uk/

First Impression Checklist

Opportunity Details

Club:

Date:

Time:

Location:

Coach / Manager:

Before the Opportunity

Planning

☐ Confirm the date and time
☐ Check the location
☐ Plan your journey
☐ Aim to arrive 15–20 minutes early
☐ Save the manager's contact details
☐ Check the weather

Preparation

☐ Get a good night's sleep
☐ Eat appropriately before attending
☐ Stay hydrated
☐ Prepare mentally
☐ Set three things you want to demonstrate

Equipment

☐ Boots
☐ Shin pads
☐ Training kit
☐ Spare clothing
☐ Water bottle
☐ Towel
☐ Any medication if required

My Focus Today

The three things I want to demonstrate are:

1.
2.
3.

During the Opportunity

☐ Introduce yourself
☐ Be friendly and approachable
☐ Listen carefully
☐ Communicate throughout
☐ Work hard
☐ Support teammates
☐ Stay positive after mistakes
☐ Play with confidence
☐ Show good body language
☐ Thank the coaches afterwards

After the Opportunity

☐ Thank the manager or coach
☐ Thank teammates if appropriate
☐ Complete a Match Review Sheet
☐ Identify one thing you did well
☐ Identify one thing to improve
☐ Send a First Impression Follow-Up Message if appropriate

Reflection

What went well?



What could I improve?

One action I will take before my next opportunity:

Remember

Managers remember players who:

✔ Work hard
✔ Communicate
✔ Learn quickly
✔ Have a positive attitude
✔ Are reliable
✔ Make the team better

Football ability gets you noticed.

Your attitude helps you stay.

Next Step

Use the **First Impression Follow-Up Message** to thank the club for the opportunity and continue building a positive relationship.