



## CURRENT FOOTBALL STRENGTHS

1

2

3

## WHAT CAN I IMPROVE ON

1

2

3

## HOW I PLAN TO IMPROVE

1

2

3

## EVALUATION AND HOMEWORK PLAN

PLAYER SIGNATURE

COACH SIGNATURE

DATE



## LONG TERM GOAL

(WHAT WOULD YOU LIKE TO ACHIEVE THIS SEASON)

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## SHORT TERM GOALS

(GIVE YOURSELF SOME ACHIEVABLE TARGETS)

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PLAYER SIGNATURE

COACH SIGNATURE

DATE

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## ACTIVITY DIARY WEEK BEGINNING \_\_\_\_\_

	ACTIVITY 1	HOW LONG FOR	ACTIVITY 2	HOW LONG FOR	ACTIVITY 3	HOW LONG FOR
MON						
TUE						
WED						
THUR						
FRI						
SAT						
SUN						

## ACTIVITY DIARY WEEK BEGINNING \_\_\_\_\_

	ACTIVITY 1	HOW LONG FOR	ACTIVITY 2	HOW LONG FOR	ACTIVITY 3	HOW LONG FOR
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