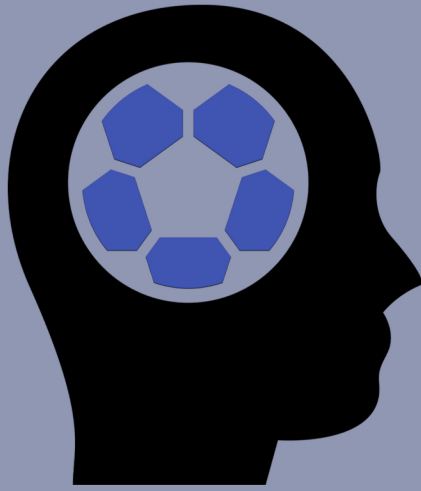




SELF REFLECTION MINDSET

ASSESSMENT

Self-Reflection Form

In order to become the best player, you can be, it takes more than physical or technical skill. Being the best trainer isn't enough...

Becoming the best, depends on you taking ownership of your game. You need to become a student of football and a student on your own game.

This requires intelligence, self-awareness and a great understanding of the game. You need to be able to objectively look at your current ability and be honest with yourself. The key here is to understand what you need to get better at, and also establish what better looks like.

So today I want you to imagine what you want from your footballing future. A template of your perfect path to your goals. And the best way to do this is by profiling the next level.

Components of your game:

1. Technical
2. Tactical
3. Physical
4. Psychological
5. Social

So now you are going to make a list of the key areas you want to improve within your game. For each area consider your own:

- Strengths (that need maintaining and developing)
- Weaknesses (that need improving)
- Your responsibilities within your role on the pitch
- What better players (perhaps the world's best) do, and how they do it

Technical
(give yourself a mark out of 10 for each point)

Technical Strengths:

Write a list of areas within your position that you feel are the strengths of your game.

Technical Weaknesses:

Write a list of areas within your position that you feel are the weaknesses of your game

Your responsibilities on the pitch:

How does your technical ability help or hinder your team?

How does your technique compare to the best players in the world in your position?

What do these players do differently to you?

What would you like to work on to bring your game closer to there's?

Tactical

Now it's time to look at the tactical side of your game. Thinking about:

- Positioning
- Awareness
- Movement
- Shape
- Understanding of formation
- Set pieces

Do you understand exactly what your football manager wants from you in all of these areas?

Positioning:

My role is....

Awareness

Have a think over the season about your awareness of opponents, teammates and game situations. Are there moments when you could have released the ball quicker, but failed to see the game unfolding? Are the moments when you had great vision. Have a think and jot them down below:

.....

Now compare your game to a player in your position who is currently playing at then next level.

What are they doing better tactically?

...

Do they see more of the game?

...

Do they react quicker to situation or see the game faster?

...

How can you see the game quicker?

Now write 5 statements that you can improve tactically and technically that you can work on.
For example, "I need to improve my first touch, so I am able to assess the goalkeeper's position and get a shot of quicker"

1. ...
2. ...
3. ...
4. ...
5. ...

Physical

Now I want you to think about your physical attributes and how you can improve. But first I want you to write down any moments you recall from this season where your physical fitness has let you down this season?

1. ...
2. ...
3. ...
4. ...
5. ...

Now take a moment and highlight what physical aspects you would like to improve? And how it would help your game? For example. I would like to be more powerful so I can jump higher to be more dominant at corners.

1. ...
2. ...
3. ...
4. ...
5. ...

Psychological

(focus, determination, belief, confidence, emotion, intensity)

Now it's time to look at yourself and tell me how you see yourself as a footballer? I've highlighted some words above to get you thinking.

I see myself as.....

Now is this image of yourself coming across in a game. Highlighted in your results, or feedback from others.

Jot down times when others have commented on your game....

Now look at your performance this season, are you a lot better or worse than you think you are?

Right down your stats for the season and compare them with your previous statement about your...

How do you manage your emotions in a match? Are you relaxed, or do you get stressed before or during a match?

During a match I am....

Social

Now this is an area that is often forgotten by players, but is so important for personal development and image.

Have a look at the social side of your game...

Are you usually early or late for matches? Think back over the season and how did it effect your game in either situation?

...

Are you a good teammate? Leader, communicator, keen listener. What would your teammates say about you?

...

What would your coach say about you?

...

Now highlight the key areas you need to improve in this area. For example: I need to be more supportive of teammates instead of shouting at them when they make a mistake.

1. ...
2. ...
3.
4.
5. ...

So now you have carefully highlighted all of these areas, I want you to now ask the same questions from your parents, coach, team mates any one you can get in contact with who watches you play.

This will give you a more rounded view of where you are and also highlight your image from another perspective.

Do not show them what you have written and compare afterwards. This is a great exercise for highlighting what you are doing well and what needs work.

Take your time with this task and enjoy the process. This will become a blueprint to your progression.