

Concentration Curve

ulstergaa.ie/pals
Performance & Lifestyle Resource

Negative

Positive

Frustration at Mistake

Confident. Want the ball

Moaning at the Referee

Where's the space

Poor Body Language

Communicating Well

Forcing Passes

Not hesitating on 1st touch

Making Rash Tackles

On the move

Where do I need to be?

Name: _____

Date: _____