

Pillars of Performance

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Performance & Lifestyle Resource

| Pillars of Performance | | | |
|------------------------|---------------------------------------|----------------------------|---|
| | | Current Score out of 10 | Target Score in 12 Months out of 10 |
| Physical | 1 Ability to perform repeated sprints | 6 | 7 |
| | 2 Upper body strength | 4 | 6 |
| | 3 Speed off the mark | 8 | 9 |
| Technical | 1 Shooting Accuracy | 5 | 7 |
| | 2 Tackling technique | 4 | 7 |
| | 3 Catching high ball | 8 | 9 |
| Tactical | 1 Understanding of role | 6 | 9 |
| | 2 Positioning | 6 | 8 |
| | 3 Reading game | 7 | 8 |
| Mental | 1 Pre-game routine | 3 | 7 |
| | 2 Ability to cope with mistakes | 4 | 8 |
| | 3 Discipline | 4 | 8 |
| Lifestyle | 1 Time Management | 6 | 7 |
| | 2 High standard School work | 6 | 9 |
| | 3 Quality Sleep | 5 | 9 |

Name: _____

Date: _____

