

Pillars of Performance

ulstergaa.ie/pals
Performance & Lifestyle Resource

Pillars of Performance			
		Current Score out of 10	Target Score in 12 Months out of 10
Physical	1		
	2		
	3		
Technical	1		
	2		
	3		
Tactical	1		
	2		
	3		
Mental	1		
	2		
	3		
Lifestyle	1		
	2		
	3		

Name: _____

Date: _____

