

Match Goal Setting

ulstergaa.ie/pals
Performance & Lifestyle Resource

Match v St Pauls Venue: Home	Date: 8/11/18
Player Name: Joe Bloggs Position: Left Half Back	Time: 15.30
Individual Goals:	Achieved Y/N
1. Get more touches of the ball earlier in the match. (I didn't touch the ball for 8 mins in the last match).	y
2. Positioning - Get into defensive position early to avoid them breaking down the middle and be in position to press the ball	y
3. Discipline - Don't react to a poor call by the referee or a mistake made by teammates	y

What I did well:	
1.	Stayed disciplined in the tackle when my opponent took me on
2.	Made myself available for outlet pass when we turned the opposition over
3.	Won 3 break balls - something I haven't been doing well recently

What Can I do better?	
1.	Communicate with team mates when under pressure
2.	Improve my shooting - I kicked 2 wides
3.	Increase my ability to perform repeated sprints - struggled to support the attack in last 5 minutes

Training Goal (s)	
1.	Practice 20 shots (from realistic positions) after the session
2.	Attack fitness work with 100% effort to improve my ability to perform repeated sprints in games

Performance
7

Mental Attitude
6

Preperation
7

Recovery
8

Score (1-10) **1** = Unsatisfactory **10** = Excellent

Name: _____

Date: _____

