

Match Goal Setting

ulstergaa.ie/pals
Performance & Lifestyle Resource

Match v Venue:	Date:
Player Name: Position:	Time:
Individual Goals:	Achieved Y/N
1.	
2.	
3.	

What I did well:
1.
2.
3.

What Can I do better?
1.
2.
3.

Training Goal (s)
1.
2.

Performance

Mental Attitude

Preperation

Recovery

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

Name: _____

Date: _____

