

Ambition Scale

Instructions: take a marker and shade in the dot nearest to where you think you are in terms of your ambition and commitment to soccer.

- High Performance Environment
- Sees Personal Trainer 1-2 times a week
- Self Trains 1-2 times a week
- Plays on high level club team
- Significant travel involved
- Practices with team 3-4 times a week
- Goes to 1-2 camps a calendar year
- May be involved in ODP or ID2
- May have other mild interests but limited
- Family functions rearranged around this players' schedule



- Rec Soccer
- Practices 2-3 times a week, usually with volunteer coach
- Plays 1 game a week
- Has other interests



Dream Sheet

— do this exercise once a year —

The DREAM SHEET is a unique written exercise whereby you design, without constraint how you would want your future to look in each of several categories at different stages of your life. It's basically a blank canvas, which can be intimidating, but fight through and just DREAM! Let it rip! No limits, obstacles or constraints! Money is no object!

In the spaces provided below, using your most vivid imagination, write down your ideal vision for the categories provided. Include things like achievements, awards, accomplishments

FOR THIS NEXT YEAR

My family life will be like:

My social life will be like:

My Spiritual life will be like:

My School life will be like:



My soccer life will be like:

3 YEARS FROM NOW (how old will you be?_____)

My family life will be like:

My social life will be like:

My Spiritual life will be like:

My School life will be like:



My soccer life will be like:

10 YEARS FROM NOW (how old will you be?_____)

My family life will be like:

My social life will be like:

My Spiritual life will be like:

My School life will be like:



My soccer life will be like:

--

Life AFTER soccer will be like:

--





Dear Soccer

— do this exercise once a year —

Instructions: write a letter to “Soccer” as though it were a person. Include things like what this person means to you, what you like and dislike about this person, and anything else that you would want “Soccer” to know!

Dear

Soccer, _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Life Priorities

Family - School - Social - Soccer - Faith

In the circle next to the category, write a number 1-5

5 - Couldn't be better

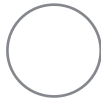
4 - Satisfied

3 - Some good, some bad

2 - Not good of late

1 - Not good for some time now

FAMILY



I'm happy with:

I can make things a little better by:



In the circle next to the category, write a number 1-5

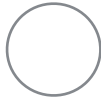
5 - Couldn't be better

4 - Satisfied

3 - Some good, some bad

2 - Not good of late

1 - Not good for some time now

SCHOOL

I'm happy with:

I can make things a little better by:



In the circle next to the category, write a number 1-5

5 - Couldn't be better

4 - Satisfied

3 - Some good, some bad

2 - Not good of late

1 - Not good for some time now

SOCIAL

I'm happy with:

I can make things a little better by:



In the circle next to the category, write a number 1-5

5 - Couldn't be better

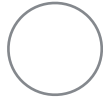
4 - Satisfied

3 - Some good, some bad

2 - Not good of late

1 - Not good for some time now

SOCCER



I'm happy with:

I can make things a little better by:



In the circle next to the category, write a number 1-5

5 - Couldn't be better

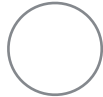
4 - Satisfied

3 - Some good, some bad

2 - Not good of late

1 - Not good for some time now

FAITH



I'm happy with:

I can make things a little better by:





Life Priorities

Date _____

Instructions: Rank, in order of priority, these 5 components of your life as you see it right now.

FAMILY - FAITH - SCHOOL - SOCIAL - SOCCER





Soldiers & Artists

Field Players

Instructions: Circle the star or dot that you believe best represents where you are as player right now.



SOLDIER

Combative in nature,
strong & powerful,
brave and loves to
defend and tackle

SOLDIER / ARTIST

Loves to compete,
two-way player,
surprises with
technical play

ARTIST / SOLDIER

Technically solid with
good vision & ideas,
pesky and surprises
with ability to
challenge for the ball

ARTIST

Technically of the
highest level,
creative, not afraid to
try things in a game





Soldiers & Artists

Goalkeepers

Instructions: Circle the star or dot that you believe best represents where you are as player right now.



SOLDIER

Combative in nature,
strong & powerful,
brave and loves
physical challenges

SOLDIER / ARTIST

Loves to compete,
plays high off line but
but does not take
risks

ARTIST / SOLDIER

Good with hands &
feet, plays high off
line but is
responsible

ARTIST

Technically of the
highest level,
flamboyant w/ big
personality, takes
unnecessary risks





My Soccer Attributes

Field Player

Instructions: Shade in the soccer balls in front of the statements that are true about you. Leave the others blank. The goal is to work toward filling up all of the balls on the left.

TECHNICALLY

Strengths:

- ☐ I have good command of the ball
- ☐ I receive and hold the ball well
- ☐ I am good on the dribble
- ☐ I connect a high % of my forward passes
- ☐ I'm good at getting out of tight spots
- ☐ I consistently shoot the ball well

Weaknesses:

- ☐ I have average command of the ball
- ☐ I am average at receiving the ball
- ☐ I am not so good on the dribble
- ☐ I struggle with connecting forward passes
- ☐ I feel like I'm always under pressure
- ☐ I have trouble consistently shooting the ball well

TACTICALLY

Strengths:

- ☐ I feel like I'm a pretty smart player
- ☐ My timing is usually good
- ☐ I can anticipate outcomes and read the game well
- ☐ I know the roles of all the positions in my team
- ☐ I am a good soccer problem solver

Weaknesses:

- ☐ I feel like I make too many wrong decisions
- ☐ My timing is not always good
- ☐ I am not good at anticipating & reading the game
- ☐ I do not know all of the roles in my team
- ☐ I am an average soccer problem solver

PHYSICALLY

Strengths:

- ☐ I am smart at leveraging my body to my advantage
- ☐ I am one of the quicker & faster players on the field
- ☐ I am strong and can ride tackles with no problem
- ☐ I win most of my 1v1 duals
- ☐ I am fit and I work at it
- ☐ I have good nutritional habits

Weaknesses:

- ☐ I seem to lose a lot of physical battles
- ☐ I am one of the slower players on the field
- ☐ I am not strong in the tackle
- ☐ I win only some of my 1v1 duals
- ☐ I don't really work at keeping myself fit
- ☐ I don't really have nutritional habits

PSYCHOLOGY

Strengths:

- ☐ I have great focus
- ☐ It's hard to get me off my game
- ☐ Bigger players do not intimidate me
- ☐ Faster players do not intimidate me
- ☐ More skillful players do not intimidate me
- ☐ I am brave
- ☐ I never quit on plays
- ☐ I think I have a good personality for soccer
- ☐ I'm a good teammate
- ☐ I have some leadership in me

Weaknesses:

- ☐ I have trouble focussing
- ☐ I get off of my game too easily
- ☐ Sometimes bigger players intimidate me
- ☐ Sometimes faster players intimidate me
- ☐ Sometimes skillful players intimidate me
- ☐ I am not always brave
- ☐ I sometimes quit on plays
- ☐ I am quiet and shy at soccer
- ☐ I could be a better teammate
- ☐ I am not a leader yet





My Soccer Attributes

Goalkeeper

Instructions: Shade in the soccer balls in front of the statements that are true about you. Leave the others blank. The goal is to work toward filling up all of the balls on the left.

TECHNICALLY

Strengths:

- ☐ I have good hands / I limit rebounds
- ☐ I am good at tipping, punching & parrying
- ☐ I am a good shot-stopper
- ☐ I manage crosses well
- ☐ I am good with the ball at my feet
- ☐ I am accurate with throwing distribution
- ☐ My punts & goal kicks are long and accurate

Weaknesses:

- ☐ I have average hands
- ☐ I am average at tipping, punching & parrying yet
- ☐ I am just an OK shot-stopper
- ☐ I am just OK at managing crosses
- ☐ I am average with the ball at my feet
- ☐ I am inconsistent with my throwing distribution
- ☐ My punts & goal kicks are inconsistent

TACTICALLY

Strengths:

- ☐ My angles and positioning on shots are very good
- ☐ I make good decisions coming off my line
- ☐ I am good in support at the back of my team
- ☐ I make good decisions on play selection
- ☐ I know the roles of all the positions in a team
- ☐ I am a good soccer problem solver

Weaknesses:

- ☐ My angles and positioning on shots need much work
- ☐ I struggle with decisions coming off my line
- ☐ My positioning and support play need work
- ☐ I struggle making good decisions on plays
- ☐ I only know some of the roles in a team
- ☐ I am an average soccer problem solver

PHYSICALLY

Strengths:

- ☐ My size is an asset to my game
- ☐ My footwork is good
- ☐ I am quick
- ☐ I am strong and dominating
- ☐ I have a commanding presence in goal
- ☐ I work at keeping myself fit
- ☐ I have good nutritional habits

Weaknesses:

- ☐ My size is a negative factor in my game
- ☐ My footwork is just OK
- ☐ I have average quickness
- ☐ I am not very strong and dominating
- ☐ I don't yet have a commanding presence in goal
- ☐ I don't really work at keeping myself fit
- ☐ I don't think about nutrition much

PSYCHOLOGY

Strengths:

- ☐ I have great focus
- ☐ It's hard to get me off my game
- ☐ I am brave
- ☐ I never quit on plays
- ☐ I think I have a good personality for soccer
- ☐ I'm a good teammate
- ☐ I have some leadership in me

Weaknesses:

- ☐ I have trouble focussing
- ☐ I get off of my game too easily
- ☐ I am not always brave
- ☐ I sometimes quit on plays
- ☐ I am quiet and shy at soccer
- ☐ I could be a better teammate
- ☐ I am not a leader yet





Goal Setting



Instructions: Start by identifying the goal (circle the type of goal below) and then work your way down the sheet. Print as many goal sheets as needed.

Family
Goal

Social
Goal

Soccer
Goal

Physical
Goal

Mental
Goal

School
Goal

Name the Goal

Set a Deadline To Reach The Goal

List the Obstacles That You may Run Into

Who Are The People Who Can Help You

List The Skills Required

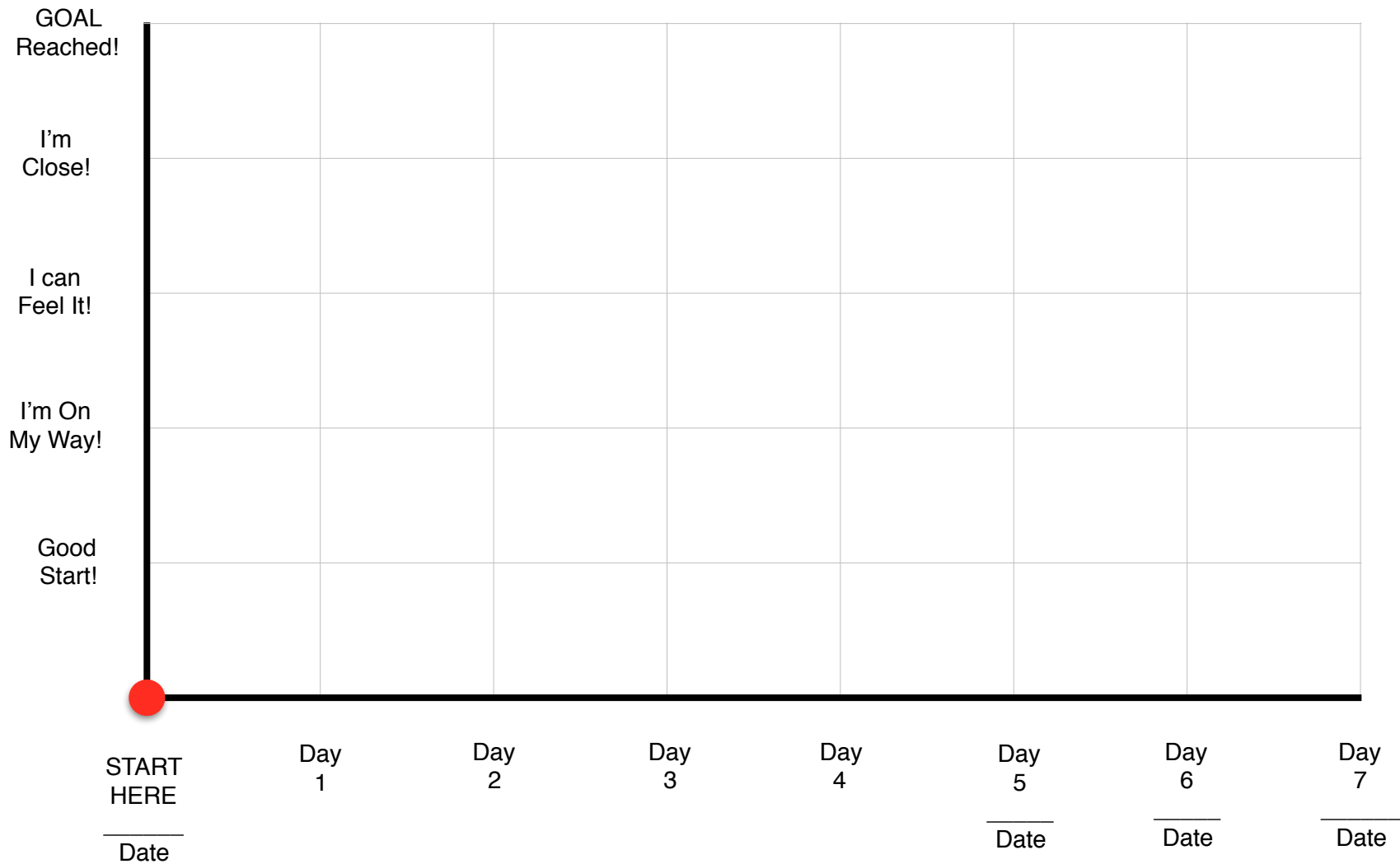
Develop a Plan

Why Do You Want To Reach This Goal?



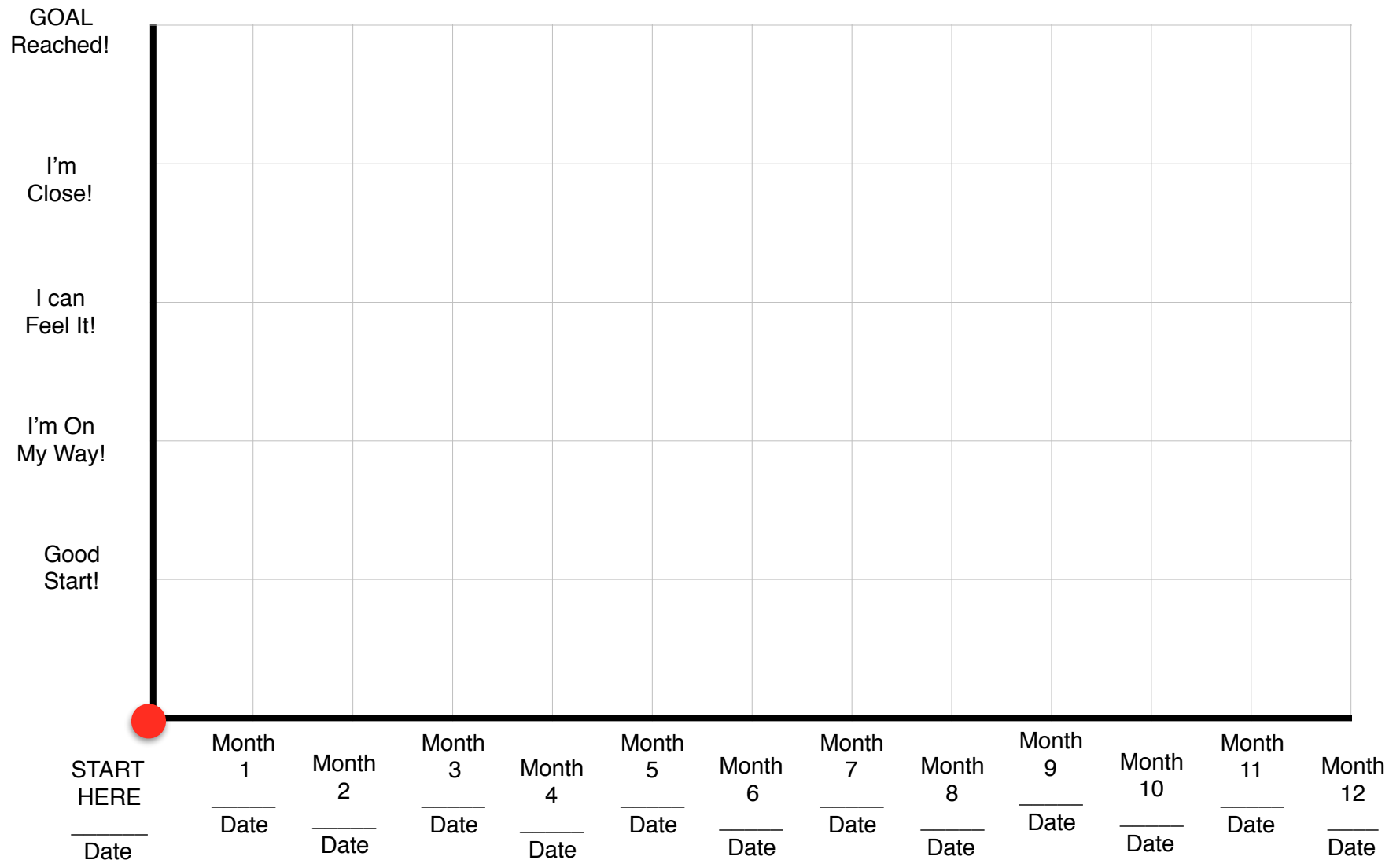
Weekly Goal Graph

Goal _____



Monthly Goal Graph

Goal _____





The Ideal Soccer Player



Instructions: Think about and write your answers to the right of the “situation”

Situation	The Ideal Soccer Player Responds By:
Not starting	
Not playing whole game and then coach brings you on with 3 minutes left in the game	
Coming off after being subbed for	
Continuous mistakes by a particular teammate	
Inconsistent refereeing	
Being in the game with 10 minutes left and down a goal	
Being in the game with 10 minutes left and up a goal	
Getting booked (yellow card)	
A run of personal mistakes in a game	
A stretch of personal bad form over a span of weeks	
The team has suffered a run of bad form (several sub par performances in a row)	
Your teammate has suffered a bad injury	
Your opponent is very intimidating (they are big and good!)	



Example Sheet: Every day that you have training or a game, fill in the date at the top and rate your performance 1-10, a 10 being the best you have ever played. If you have multiple training sessions & games record as ex: 7 / 8. Below is a sample of a 2 week period where this player had a typical week of training, a weekend game followed by a camp the next week. For a more detailed description of the ratings, refer to the RATINGS CRITERIA sheet.

Player Performance Log															
Dates	M 4/12	T 4/13	W 4/14	TH 4/15	SA 4/17	SU 4/18	M 4/19	T 4/20	W 4/21	TH 4/22	F 4/23				
TRAINING															
Team	7														
Self	read	6		7			read	watch							
Personal Training				7.5											
Camp							6	5	6	8	7				
GAMES															
League															
Tournament					8 / 9	7									
Friendly															
Club Scrimmage			7												
Tryouts / ID															
Camp Game							7	7	6.5	7	8				





TRAINING / PRACTICE

Team Training - any team practice that is not a club scrimmage

Self Training - any solo training (no coach), with or without the ball, and any reading of soccer articles / books or watching of a soccer game, including youtube videos (playing of video games does not currently count, but I can see a day when it might!)

Personal Training - any one to one or small group training with a trainer, qualified parent or teacher

Training / Boot Camp - any camp that is training-based

GAMES

League - any league game that your team plays in

Tournament - any game that is part of a tournament

Friendly - any game that is arranged between two clubs that is not part of a league or tournament

Club Scrimmage - sometimes clubs will have inter-club scrimmages in place of actual training

Tryouts / ID - any tryout that is game-based, includes ODP, ID2, Market Training and 1 day college

Camp Game - many camps have games built into their curriculum



Instructions: Every day that you have training or a game, fill in the date at the top and rate your performance 1-10, a 10 being the best you have ever played. If you have multiple training sessions & games record as ex: 7 / 8.

Player Performance Log															
Dates															
TRAINING															
Team															
Self															
Personal Training															
Camp															
GAMES															
League															
Tournament															
Friendly															
Club Scrimmage															
Tryouts / ID															
Camp Game															





Training Ratings Criteria



10 - Near perfection. Just about everything attempted came off. Just one of those days where you give the 'Michael Jordan shoulder shrug' and utter these words, "I don't know what to say!"

9 - Felt really good, sharp, alert and 'into it.'. This effort helped set the tone and set a high bar for the session.

8 - Pretty good. Very few mistakes. Was actively engaged and seemed to be involved in everything throughout the session. Reaches the next grade with another couple good touches or plays.

7 - A solid session. Mostly got the best of teammates in direct opposition, missed some easy plays.

6 - A fair session with some mixed results. Had good moments but was mostly inconsistent.

5 - Error prone and constantly defeated by players in direct opposition. Couldn't do much right today.

4 - A terrible effort. Just wasn't myself.



Match Ratings Criteria



10 - Near perfection. Just about everything attempted came off. Clearly stood out and dominated every aspect of the match. A once-a-season type of performance.

9 - Player of the match. A cut above everyone else on the pitch. The opposition had no answer. Major contribution to the outcome.

8 - Best XI quality effort but not necessarily spectacular. Was actively and productively involved in the action throughout the match. Reaches the next grade with another couple good touches or plays.

7 - A solid performance. Players directly in opposition produced little. Played well and within team constructs.

6 - A fair performance with some mixed results. Had good moments but was inconsistent. Did not negatively impact the eventual result.

5 - Effort was there, but was error prone and constantly defeated by players in direct opposition. Involved in negative plays resulting in loss of possession, goals allowed and/or threats at our goal. Provided little in terms of positive play.

4 - Poor attitude. Poor Effort. Poor play.





Comprehensive Box Check



Instructions: Check off as many boxes as applies. Work toward checking off as many boxes as you can

TEAM

- ☐ Team Practices
- ☐ League Games
- ☐ Tournament Games
- ☐ My team does Video Analysis
- ☐ My team has occasional Classroom sessions

PERSONAL

- ☐ I think I know myself pretty well
- ☐ I know my priorities
- ☐ I think I am pretty aware of my surroundings (local soccer landscape)
- ☐ I own my development
- ☐ I have set my goals
- ☐ I am working on my on-field personality
- ☐ I use imagery to prepare for performances
- ☐ I have my personal recovery strategies for mistakes
- ☐ I have good soccer habits
- ☐ I or my parents are comfortable enough to ask important questions of my coach or club
- ☐ I and my parents are well connected with other players / parents / coaches
- ☐ I work 1 on 1 with a PT at least occasionally (Technical Work)
- ☐ I work 1 on 1 with a PT at least occasionally (Sports Performance - SAQ)
- ☐ I work with a PT in small groups (3-4 players) occasionally
- ☐ I play Futsal
- ☐ I attend a camp(s)
- ☐ I Self Train (solo) when schedule allows
- ☐ I watch at least parts of games and check out soccer videos on line
- ☐ I read soccer & sports psychology related books and articles
- ☐ I get enough sleep (9-10 hours, including power naps)
- ☐ I eat right and get good nutrition
- ☐ My family is supportive of my ambition in soccer

