

INFORMATION SHEET

Name: _____

Age: _____

Occupation: _____

Employer: _____

Typical Working Day: Depart home: _____ A.M. - Return home: _____ P.M.

Address: _____

Phone: Home: _____

Work: _____

Mobile: _____

Alternative Contact Number : _____ Name: _____

Please fill in next section if you wish and if it applies.

Partner's Name: _____ Occupation: _____

Child(ren) Name(s) & Age(s): _____

Dream Goal: _____

(The highest honour you would like to achieve in the remainder of your career.)

Year Goal: _____

(What you would like to achieve this year- either personally or team or both!)

Winners: Know where they want to go.
Recognise where they are now.
Understand what it's going to take to reach their goal.
Commit themselves to getting there.

Decisions followed by actions.
This separates winners from the rest.
They are people of action - not talk.
They commit.

Where are you now?

Fill in the following giving yourself a score out of 10.
(Where 10 is excellent and 1 is poor or 10 is no problem and 1 is a problem).

Profile

<u>Physical</u>	<u>Technical</u>	<u>Tactical</u>	<u>Mental</u>	<u>Lifestyle</u>	<u>Support</u>
Stamina	Passing	Keep ball	Commitment	Diet	Family
Strength	Ball winning	Stop goal	Control	Rest	Friends
Speed	Tackling	Create score	Confidence	Work	Club
Flexibility	Shooting	Pressure	Concentration	Stress	Finances

What do you need to put in place to achieve your goal for this year?
(Consider things like Fitness, Training, Skills, Lifestyle.)

1. _____
2. _____
3. _____
4. _____

What things do you feel will drive you towards your goal?
E.g. Pride, ambition, enjoyment, rewards, prestige, pressure from others

1. _____
2. _____
3. _____
4. _____

What things do you think might get in the way of achieving your goal?
E.g. Lack of self-belief, unhealthy habits, fear of failure, work pressures,
family commitments, team mates unavailable, apathetic team mates.

1. _____
2. _____
3. _____
4. _____