

# WEEKLY SOCCER PLANNER

**WEEK OF:** \_\_\_\_\_

TRAINING & GAME SCHEDULE:

MON	
TUES	
WED	
THUR	
FRI	
SAT	
SUN	

## GOALS FOR THE WEEK

AT PRACTICE:

GAME DAY:

MINDSET/SELF-TALK:

LEADERSHIP:

THIS WEEK I AM EXCITED ABOUT:

PRO GAME TO WATCH THIS WEEK:

## INDIVIDUAL TRAINING TRACKER

1X - GOOD · 2X - SOLID · 3X - AWESOME

BALL SKILLS

  

FINISHING

  

JUGGLING

  

LONG RUN

  

SPRINTS

  

STRENGTH WORK

  

## GAME MENTALITY

"I AM PREPARED. I AM READY."

WHAT'S THE STRONGEST PART OF MY GAME RIGHT NOW?

WHAT HAVE I BEEN WORKING HARD AND IMPROVING AT?

WHAT CAN I COMMIT TO BRINGING TO MY GAME TODAY?

POSITIVE SELF-TALK MESSAGE TO PUT ON REPEAT:

## WEEKLY REFLECTION

POST-GAME ANALYSIS

WHAT DID I DO WELL? WHERE CAN I IMPROVE?

END-OF-WEEK TAKEAWAYS

THIS WEEKS WINS:

LESSONS LEARNED:

HOW I'LL IMPROVE NEXT WEEK: