

Annual Performance Targets	
In 5 years I would like to say I achieved:	
In 12 months I would like to say I achieved:	
Specific Performance Targets for the next 12 months	
Example Goals	Save %, 1 on 1's %, 1 from every 7 penalties - save, % crosses taken or punched away.
Goal One	
Goal Two	
Goal Three	

Profiler Form

- To achieve your performance goals choose 10 areas that you need to improve on.
- Choose at least 2 key area from each category on the component sheet.

	Key Areas	Scoring out of 10										
		1	2	3	4	5	6	7	8	9	10	
1												Where I want to be
												Where I am today
2												Where I want to be
												Where I am today
3												Where I want to be
												Where I am today
4												Where I want to be
												Where I am today
5												Where I want to be
												Where I am today
6												Where I want to be
												Where I am today
7												Where I want to be
												Where I am today
8												Where I want to be
												Where I am today
9												Where I want to be
												Where I am today
10												Where I want to be
												Where I am today

Profiling Components Sheet

Technical elements of your sport (FILL IN THE BLANKS)

Tactical/ Organisation

Match Prep
Playing percentages
Knowing team strengths
Decision making
Rest & Recovery
Game Strategy
Team Plan B
Winning Ugly
Knowing individual strengths
Additional training habits
Additional training planning
Warm Up
Cool Down
Communication with coaches and support staff

Psychological/ Lifestyle

Thrive in pressure
Handle Criticism
Confidence
Self-belief
Attitude
Focus
Concentration
Emotional control
Anger
Frustration
Despondency
Motivation
Body Language
Intensity control
Discipline
Determination
Coping with tough times
Routine
Self talk
Optimism
Enjoyment
Self-awareness
Self-evaluation
Commitment
Refocusing after mistakes
Calmness
Adapting to different environments and situations
Communication Skills with team mates

Short Term Process Goal Planning

- Write down your top 3 key areas which are the most urgent and you will address during the next weeks

Process Goal 1:
Process Goal 2:
Process Goal 3:

Process Goals	Current Level (Description)	Target Level (Description)	Action Points

Process Goal Reviewing and Achievement

Date of Review:

Skill / Activity	Level Rating (1-10)	Specific Goal	Strategy	Target Date