

ProFormance

Train At Home

Resources

ProFormance Global operate a soccer academy for young people aged 5-19. The aim of the academy is to improve players as individuals in a small group environment.

Our sessions are based in the South East of England and focus on technical football development.

This resources file is designed to support players globally. The resources are free to use and share.

SETTING GOALS

YOUR GOALS!
Make them SMART!
Specific - Measurable - Attainable - Realistic - Time-bound

NAME: _____ AGE: _____

BRAINSTORM

I am good at; I need to work on;


1: _____ 1: _____
2: _____ 2: _____
3: _____ 3: _____

GOAL

I AM GOING TO: _____

To do this I will; People who can help;

1: _____ 1: _____
2: _____ 2: _____
3: _____ 3: _____



SIGNATURE

<http://proformancelocal.com/trainathome/goalsettingworksheet.pdf>

BLOG - <https://www.proformancelocal.com/soccer-academy/2020/03/18/setting-goals-to-give-you-a-chance-in-football/>

GOAL SETTING
TOP 7 TIPS

- 1 Write your goals down
- 2 Take the first step
- 3 Develop your skills
- 4 Work on your mindset – positivity
- 5 Set a clear deadline
- 6 Continue to the end
- 7 Reward yourself

WEEKLY PLANNER

WEEKLY PLANNER		PLAYERS NAME AIMS		
MONDAY <small>SESSION RATING /10</small>	TUESDAY <small>SESSION RATING /10</small>	WEDNES <small>SESSION RATING /10</small>	THURS <small>SESSION RATING /10</small>	FRIDAY <small>SESSION RATING /10</small>
SATURDA <small>SESSION RATING /10</small>	SUNDAY <small>SESSION RATING /10</small>	THINK ABOUT THE INTENSITY OF YOUR WORKOUT REPLENISH / STRETCH / HYDRATE USE PHYSICAL REST DAYS TO ANALYSE FOOTBALL MATCHES		
		PLAYERS NAME AIMS		

<http://proformancelglobal.com/trainathome/weeklyplanner.pdf>

Plan you week so that you fit all your targets into your schedule.

What is your aim for the week?

Break that down into achievable goals.

FURTHER CONTENT

ProFormance are constantly striving to deliver more content for the players in the ProFormance programme but also for football players everywhere.

[Instagram](https://www.instagram.com/proformanceglobal) (instagram.com/proformanceglobal)



[Youtube](https://www.youtube.com/proformanceglobal) (youtube.com/proformanceglobal)



The best way to ask us questions is via [Instagram](https://www.instagram.com/proformanceglobal) or [Facebook](https://www.facebook.com/proformanceglobal) DM. We will be happy to help.



Do not forget to download our individual training plan book for free from our website.

www.proformanceglobal.com/trainathome