

Developing and achieving goals

Activity sheet

Fill in your name:

Why do you play football? Is it just for fun, is it because you want to achieve something in the game, or some other reason?

What do you want to achieve as you continue playing?

Can you think of four things that you might do to help you to achieve your goals?

1	
2	
3	
4	

Now discuss these with the rest of your group.

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Fill in your name:

How do you think that you might be able to measure your progress?

Discuss this with the rest of your group.

Links:

www.uefagrassrootsday.com: for fantastic online games and activities on 'Working in Teams' and 'Winning and Losing'

www.uefa.com/trainingground: for online coaching resources