



## GOAL SPECIFIC ACTION PLAN

As an athlete you will likely be assessed on 4 major pillars. You can use this template as a guide on what you want to work on and develop in your game. Write down all the things you need to improve within each of these categories and then rate them in order of priority, focussing on just one thing in each area at a time.

For example what will you do or work on first, then second, etc. Once you're happy with your progress on each you can tick it off and move onto the next one. Then keep updating it.

Priority	1. TECHNICAL SKILLS	Priority	2. TACTICAL
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
	3. PHYSICAL & FITNESS		4. MENTAL
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	