

Do the homework. Print this form. Complete all the information. Take it to your coach.



[www.ministry-of-football.com/player-reflection-tool/](http://www.ministry-of-football.com/player-reflection-tool/)

## My practice topic and areas I want to focus on

Name \_\_\_\_\_

Dear Coach. I have completed the MoF Player Reflection Tool. This is a free, online tool which I have used to assess my experience of playing football or futsal. I have chosen a specific topic to work on, and I have studied using the material provided. The boxes below describe what I have chosen to focus on, including two specific areas that I would like you to help me improve further in practice sessions or games.

### MY TOPIC AREA

The topic area I have chosen to study is...

*<write your topic area here>*

The two areas below are specific things I want to work on to

**1**

*<be specific and detailed>*

**2**

*<be specific and detailed>*

Dear Coach, I am going to try to get better in these areas. I understand that this may mean I need to try new things or doing things in different ways. Please keep encouraging me if I make mistakes.

**I want to get better at this. So please help me learn by coaching me if you can see something I can do better. Thank you.**

(In this box, write down anything you want particular help with, or anything you are having particular difficulty with)

**SIGNED**

**DATE**