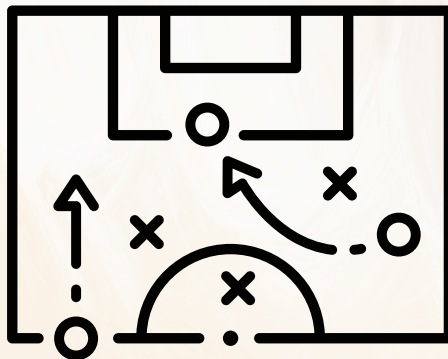


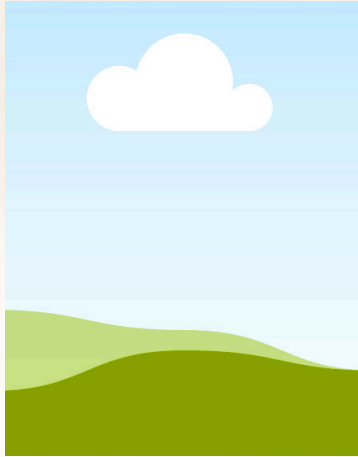


U11 Football Program '25

Season 2



Player Profile



Player's Name:

Age:

Jersey Number:

Goals for the term: 1.

2.

3.

4.

TRAINING BLOCK I

FEEDBACK

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐

Skill Set	Core Skills Taught	Coach Comments
Tactical		
Tactical		
Physical		
Psychological		
Social		

TRAINING BLOCK 1

REFLECTIONS

This block I learned the following skills:

How this skill helps the team:

	1	2	3	4	5
How was my performance?	☐	☐	☐	☐	☐

What I did well during this block

What I can improve?

My goal for next Block:

WEEK 1

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

WEEK 2

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

MATCH REPORT

Opponent: _____ Venue: _____

Date: _____ K. Off time: _____ Conditions:  

Scoreline: Aegis _____ - _____ Opponent

PLAYER STATISTICS

Minutes Played: _____ Positions Played: GK DEF MID ATT

Goals Scored: _____ Assists: _____ Clean Sheet: Y N

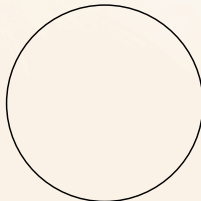
REFLECTIONS:

One thing I did well: _____

One thing I want to improve: _____

Coaches Comments: _____

Matchday Highlight:



WEEK 3

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

WEEK 4

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

MATCH REPORT

Opponent: _____ Venue: _____

Date: _____ K. Off time: _____ Conditions:  

Scoreline: Aegis _____ - _____ Opponent

PLAYER STATISTICS

Minutes Played: _____ Positions Played: GK DEF MID ATT

Goals Scored: _____ Assists: _____ Clean Sheet: Y N

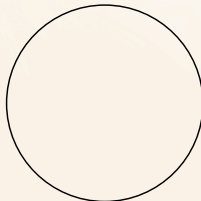
REFLECTIONS:

One thing I did well: _____

One thing I want to improve: _____

Coaches Comments: _____

Matchday Highlight:



WEEK 5

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

WEEK 6

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

MATCH REPORT

Opponent: _____ Venue: _____

Date: _____ K. Off time: _____ Conditions:  

Scoreline: Aegis _____ - _____ Opponent

PLAYER STATISTICS

Minutes Played: _____ Positions Played: GK DEF MID ATT

Goals Scored: _____ Assists: _____ Clean Sheet: Y N

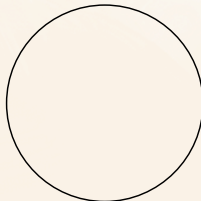
REFLECTIONS:

One thing I did well: _____

One thing I want to improve: _____

Coaches Comments: _____

Matchday Highlight:



WEEK 7

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

WEEK 8

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

MATCH REPORT

Opponent: _____ Venue: _____

Date: _____ K. Off time: _____ Conditions:  

Scoreline: Aegis _____ - _____ Opponent

PLAYER STATISTICS

Minutes Played: _____ Positions Played: GK DEF MID ATT

Goals Scored: _____ Assists: _____ Clean Sheet: Y N

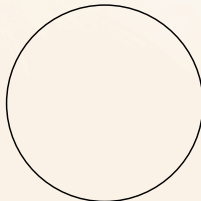
REFLECTIONS:

One thing I did well: _____

One thing I want to improve: _____

Coaches Comments: _____

Matchday Highlight:



WEEK 9

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

WEEK 10

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:
☐	☐	☐	☐	☐

Technical skill of the week	
Tactical skill of the week	
Physical skill of the week	
Psychological skill of the week	
Social skill of the week	

This week I worked on: _____

How this skills helps the team: _____

How was my performance? _____

Something I did well: _____

Something I want to improve: _____

My goal for next week: _____

MATCH REPORT

Opponent: _____ Venue: _____

Date: _____ K. Off time: _____ Conditions:  

Scoreline: Aegis _____ - _____ Opponent

PLAYER STATISTICS

Minutes Played: _____ Positions Played: GK DEF MID ATT

Goals Scored: _____ Assists: _____ Clean Sheet: Y N

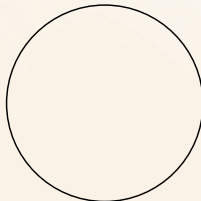
REFLECTIONS:

One thing I did well: _____

One thing I want to improve: _____

Coaches Comments: _____

Matchday Highlight:



This Term I learned _____

Did I achieve my goals? **Yes** ☐ **No** ☐

Coaches Feedback:

Category	Rating (1 - 5)	Comments
Technical skills		
Tactical skills		
Physical skills		
Psychological skills		
Social skills		