



Personal Player Performance Analysis

- ★ This list is a self-reflective personal practice related to matches & game play.
- ★ Set these targets or adjust them based off of your own position and previous weeks results.

The idea of this list is to help with player progression by giving yourself a taste of self-reflection. By doing this it will help guide and give you a clearer understanding of what things you're doing well and what you need to improve on from your game.

- ★ **Don't move on to the next target until you have completed the one you set yourself from the previous week/weeks.**

By the end of the year the goal is to have a clear picture of what you're excelling in and the areas of your game you need to focus on in the off season.

Midfielders Targets/Adjust Accordingly

Personal Player Targets	Target, Amount?	Match Day 1	Match Day 2	Match Day 3	Match Day 4	Bonus
To receive the ball off the defenders X amount of times....						
Play into the strikers feet more than 4 times e.g.						
Run beyond the striker, third man run X amount of times....						
Make more than X amount of runs to the back stick						
To have more than X amount of shots at goal						
To win the ball back X amount of times in the attacking half & drive, pass forwards.						
To be involved in X amount of killer passes that may lead to shot/goal.						
To cross the ball into the box more than X amount times...						

To help create more than X amount of 2v1s in wide areas.						
To Receive the ball with a positive first touch more than X amount....						
To create space for other players taking up my position by moving away/to the ball X amount times...						
To set and spin quickly into space down the sides or behind players to receive the ball more than X amount....						
To beat my opposite player in 1v1 battles more than X amount of times...						

Defenders Targets/Adjust Accordingly

Personal Player Targets	Targets, Amount?	Match Day 1	Match day 2	Match Day 3	Match Day 4	Bonus
To make X amount of tackles..						
To make more than X amount of interceptions per game.						
To drive forwards with the ball x amount of times.						
To read the oppositions movement & counteract mine to help team mates out in transition?						
To play more than X amount of splitting passes through the thirds/10's feet						
To cross the ball into the box more than X amount...						
When creating space to receive the ball how many times did I attract another player to me which allowed someone else on the ball...						
To communicate a positive message to my backline						

more than X amount of times (man on, clear)						
To turn X amount of clearances into attacks...						
To keep a clean sheet.						

Strikers/Number 10 Targets/Adjust Accordingly

Personal Player Targets?	Targets, Amount?	Match Day 1	Match Day 2	Match Day 3	Match Day 4	Bonus
To have more than X amount of shots...						
To link up with my attacking players more than X amount of times...						
To run into space down the channel to create openings or get onto the ball more than X amount of times...						
To get across defenders from crosses more than X amount of times...						
To win the ball back off defenders from a high press X amount of times...						
To follow up on every shot at goal						
To run in between defenders to get onto a forward pass X amount of times...						
To score X amount per game...						
To make more than X amount of out to in and in to out runs...						

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If for your team you end up playing a different position each week, simply tailor this Analysis list accordingly to your position on the day.

TIP!!

Download this sheet as a blank page and save it to your phone, pc or laptop.

Either print off the sheet and fill in after your game or remember the results by typing into your phone notes or a piece of paper.

YOU'RE MORE LIKELY TO KEEP UP WITH THE ANALYSIS AND SEE PROGRESSION IF YOU HAVE THE SHEET SOMEWHERE IN REGULAR SITE.

USE THE TWO BLANK BOXES ON THE TABLES TO ADD IN YOUR OWN TARGETS FOR YOURSELF IF YOU CAN THINK OF ANY.

Remember use these targets to help your game each week. For example, if you're a winger and you only crossed the ball once the previous game and your target was five. Think about how you could progress that the next game.

- ★ **Pulling off the defender early so you end up wide to receive a switch pass with space to cross**
- ★ **When in lvls shift and cross early**
- ★ **Creating more 2v1s in your favour so you're more likely to end up with the opportunity to cross**
- ★ **Feints to cross with your favoured foot, cut inside and cross with the other foot**
- ★ **Cross into an area and let the attackers come onto the ball. Don't try and hit players specifically**

Use this whole Analysis as a deeper guide to think about the game and how your results or lack of can help you progress and think about the game and the positions you take up.

Anybody who would like to send in feedback of their performance or how they're getting on using the guide please contact me via Social media platforms.

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