

LIVERMORE FUSION GOAL SETTING EXAMPLE

Player Name

Michael Parkhurst

Team Name

06 Boys Maroon

Date begin and Date end

Start 3/2/2020 end 3/31/2020

Time, Duration and Days

I will work for 30 minutes Monday through Wednesday when I get home from school at 3 pm

Technical Goal

Work on controlling the ball out of the air

Game and Training Focus

I want to be more aware of my space and where defenders are during the game

What

I will juggle the ball for 5 minutes with my right foot, 5 minutes with my left foot, 5 minutes with my right thigh and 5 minutes with my left thigh. Then, I will juggle with all parts of my body for 10 minutes. Once done, I will record my highest score from each of the sections that I completed. The next time I do my ILO, I will try to beat my highest score from the previous day.

Measure

Download this document and hand write in your measured goal each day.