

# SUBIACO AFC's PLAYER GUIDE BOOK, 2016

## U/12-U/16 NPL



Kevin Grima, Subiaco AFC Technical Director

Subiaco AFC - 100 Years of Western Suburbs Football



## Preface

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Dear Subiaco AFC U/12-U/16 NPL Player,

It is with great pleasure that I present you with Subiaco AFC's NPL U/12-U/16 Player Guide Book. This is the first edition of a book of this kind which has been designed to create a football environment for NPL youth players at Subiaco AFC that is professional, consistent, progressive and conducive to youth football development and growth. In the 2016 edition of Subiaco AFC's Player Guide Book you will find a section that explains Subiaco AFC's rich history (page 2); a player profile section for you to fill out (page 3); information about what your Club values and stands for (pages 6-8); a section to set individual and team goals for the season (pages 10-13); detailed information on player roles and responsibilities in the 1-4-3-3 system (pages 14-30); information on how to become a 'student of the game' (page 31); and, a self assessment section so that you are able to monitor your own football growth and development throughout the 2016 season (pages 32-39).

In your Player Guide Book, you will also find a section with information on nutrition (pages 40-41), injury prevention (page 42), and injury management (page 43) so that you are able to make better choices about your health and well-being. Suggestions are offered for developing positive pre-match (page 44) and post match (page 45) routines, together with a full compliment of reflection activities (pages 46-73) to complete before and after each and every National Premier Leagues (NPL) and Football West Junior Cup fixtures for the 2016 season.

The final part of this Player Guide Book is made up of additional football exercises for you to consider to extend on the work of your coaches outside of regular NPL training time. All that you need to complete these additional exercises is four cones and a football. Having access to a local park with a full-sized goal is ideal to complete some of these activities but not essential. I have also included exercises for you to consider with a friend, two friends and three friends. Please ensure that you don't over train so I encourage you to discuss your additional program with your coach. You will find four activities under the following headings: solo technical (pages 76-81); solo football conditioning (pages 82-85); solo core strength (pages 86-89); pairs technical (pages 90-93); threes technical (94-97); and, fours technical (98-101). A goalkeeper decathlon (pages 102-111) is also included to support the development of goalkeepers during regular NPL training time.

Lastly, I wish to take this opportunity to congratulate you on winning selection to represent Subiaco AFC NPL in season 2016. Representing Subiaco AFC at the highest level of youth football in Western Australia is a privilege that I know you will honour with great pride and distinction throughout the 2016 season. I look forward to monitor your growth and development as a person and football player throughout the season.



**Kevin Joe Grima**  
**Subiaco AFC Technical Director**



## Player Profile

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**Full Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Place of Birth:** \_\_\_\_\_

**Height:** \_\_\_\_\_

**Weight:** \_\_\_\_\_

**Favourite Position/s:** \_\_\_\_\_

\_\_\_\_\_

**Favourite Team:** \_\_\_\_\_

**Favourite Player:** \_\_\_\_\_

**Subiaco AFC Team:** \_\_\_\_\_

*Insert self portrait*

A large, empty rectangular box with a black border, intended for the player to insert their self-portrait.

**Nickname:** \_\_\_\_\_



## Goal Setting

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Top-level athletes, successful business-people and achievers in all fields all set goals. **Setting goals** gives you long-term vision and short-term motivation (MindTools, 2016). Goal setting provides you with direction and helps you prepare and achieve your desired performance (Hogg, 2000). The trick to goal-setting is to make sure that you create **SMART goals**. That requires you to create goals that are: specific, measurable, attainable, realistic and time-bound (SEOmz, 2016 [Refer to Figure 2]).

### Specific

A goal is specific when it is *clear* and *well defined*. General or vague goals don't provide sufficient direction because they don't clearly articulate what you want to achieve (IOC, 2015). Goals are specific when they identify *exactly* what you want to achieve.

### Measurable

A goal needs to include precise amounts and dates so that you are able to measure your degree of success along the way. Without this, you will likely miss out on celebrating the successes that you achieve throughout your journey (IOC, 2015).

### Attainable

You need to make sure that you create goals that are challenging yet achievable. If you set goals that you have no hope of achieving, you will only demoralise your confidence (IOC, 2015). However, make sure that you create goals that are not too easy otherwise you will not be motivated to achieve them.

### Realistic

We all have dreams to aspire to but you must avoid the trap of setting goals that are unrealistic. For example, the best U/12 NPL player will not play with the U/18s because his or her body is not physically ready for senior football. Be careful, creating unrealistic goals can erode your confidence.

### Time-Bound

Your goals must have a *deadline* so that you aim to achieve your goals by a specific time-frame. If you don't have a time-frame, you will not know how to measure your progress or when to celebrate your successes.



Figure 2: SMART Goals (SEOmz, 2016)



## Goal Setting (Individual Goals)

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**My individual goals are:**

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**To reach my individual goals I will:**

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**I will know if I reached my individual goals because:**

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**Two things that will help me stick to my individual goals are:**

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## Goal Setting (Team Goals)

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**Our team goals are:**

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**To reach our team goals we will:**

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**We will know if we reached our team goals because:**

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**Two things that will help us stick to our team goals are:**

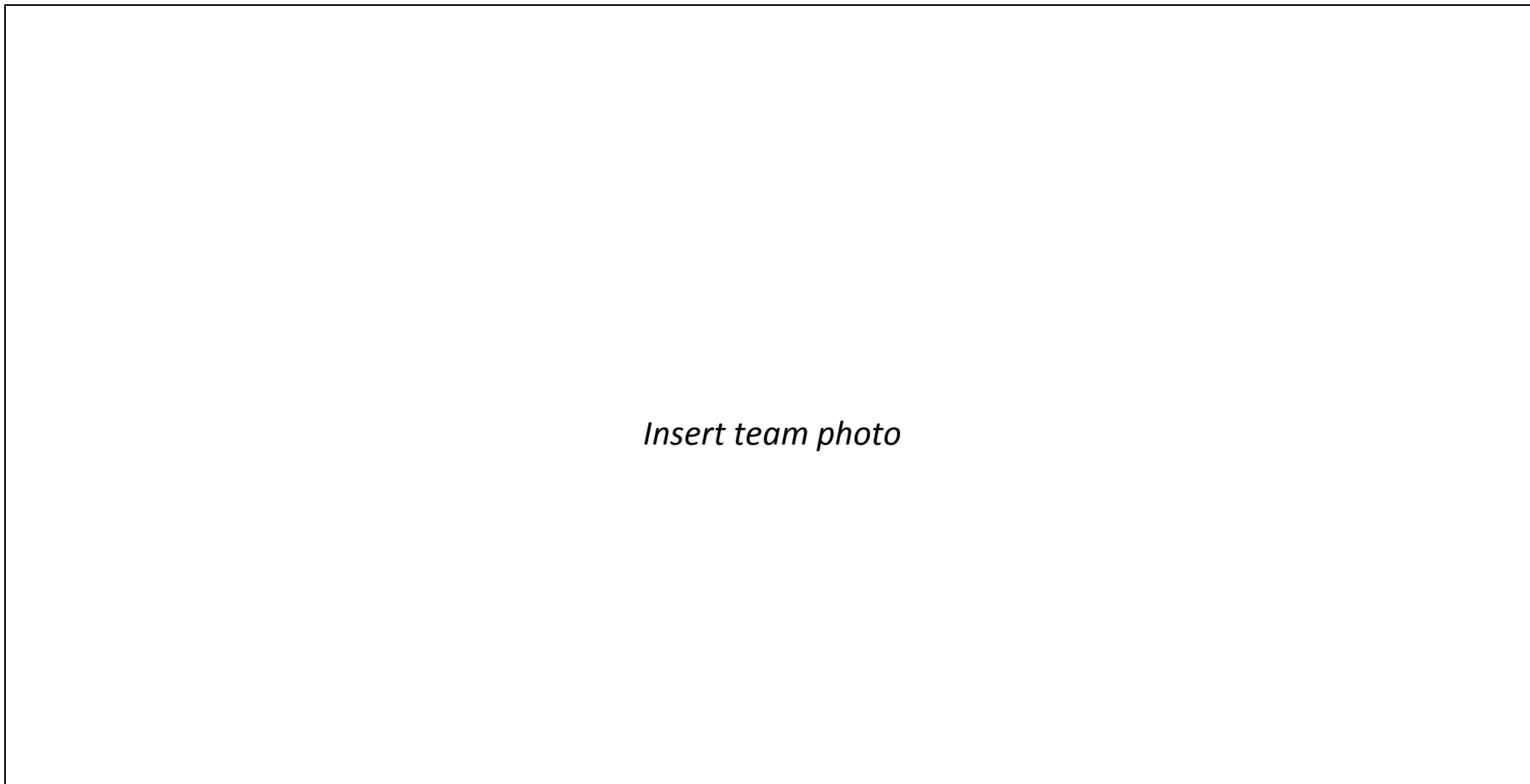
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## Goal Setting (Team Goals)

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Subiaco AFC \_\_\_\_\_

## Reflective Practice

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Experience working with elite football players suggests that those that excel in the sport constantly reflect on their own performance and progress at training and in games in search for continuous improvement and development. Just like all successful people in any profession in life, a football player needs to be able to identify their areas of strengths and consolidate on these, and also be able to recognize perceived areas of weaknesses and be able to identify ways to improve in these areas. Engaging in honest and deep reflective practice will enable you to monitor your progress and set yourself realistic development targets to enable you to reach your full potential as a football player.

Developing this type of routine takes time and plenty of self discipline. As a teacher and coach, I constantly engage in **deep reflective practice** to help improve my coaching development. The cycle requires me to: 1. **Plan** a session; 2. **Deliver** it; and, 3. then **Evaluate** it, in that order. This type of reflective practice helps me to monitor my own coaching development and growth. As a player, I encourage you to engage in a similar process. As you can see in Figure 3, **you** are central to this process. You are required to: 1. **Train**, which includes regular training and additional training; 2. play in a **Game**; and 3. then **Evaluate** your performance. The **player's reflective cycle** is continuous and ongoing as the arrows indicate with the same process taking place after every single game. In the following pages you will find blank templates to complete during the 2016 NPL season and Junior Cup. It is encouraged that you complete the pre-match objectives prior to each game and complete the post-match evaluation as soon as you return home from your match so that the information is still fresh in your mind and most accurate.

Remember that football is a team sport so in order to improve as an individual you also need to consider your team's goals and areas of strengths and weaknesses. You are part of a system so you are encouraged to look at your development as it fits in the context of your team. A player cannot possibly reach their full football potential if they fail to consider those around them, such as their team mates and coach, because it is these people that make it possible to help you achieve your individual goals. Please remind your coach to discuss your team objectives at the conclusion of your last training night before your next match so that you are clear on the expectations and goals prior to the match. I trust that this process of reflective practice will assist you with your development.

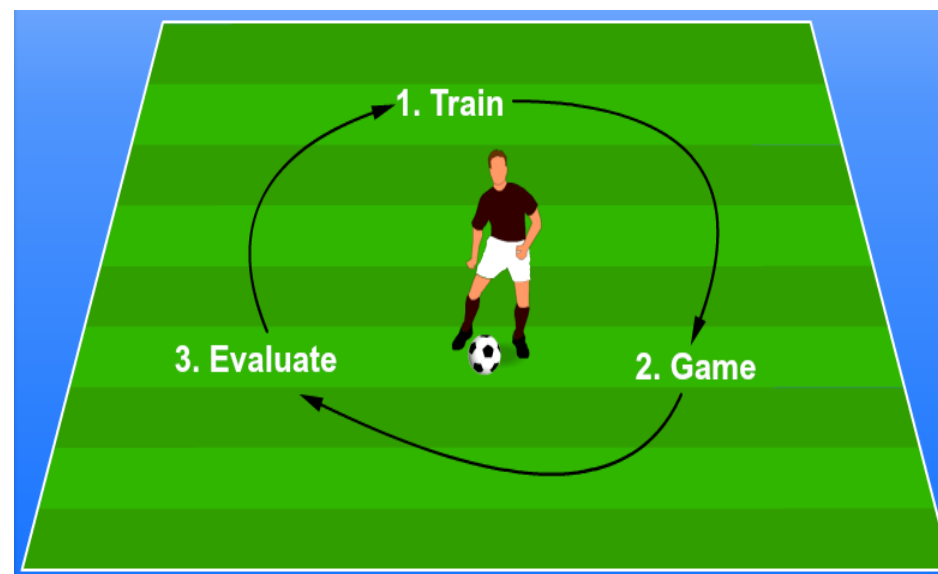


Figure 3: Player's reflective Cycle (Grima, 2016)





### Reflective Practice: NPL Round 1

Scheduled location: Dorrien Gardens

Scheduled date: 3<sup>rd</sup> April, 2016

Scheduled time: \_\_\_\_\_



Perth SC

VS



Subiaco AFC

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



## Reflective Practice: NPL Round 2

Scheduled location: Rosalie Park

Scheduled date: 10<sup>th</sup> April, 2016

Scheduled time: \_\_\_\_\_



**Subiaco AFC**

VS



**Cockburn City**

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



### Reflective Practice: NPL Round 3

Scheduled location: Rosalie Park

Scheduled date: 24<sup>th</sup> April, 2016

Scheduled time: \_\_\_\_\_



**Subiaco AFC**

VS



**Floreat Athena**

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



### Reflective Practice: NPL Round 4

Scheduled location: Morgan Park

Scheduled date: 1<sup>st</sup> May, 2016

Scheduled time: \_\_\_\_\_



**Armadale SC**

VS



**Subiaco AFC**

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



## Reflective Practice: NPL Round 5

Scheduled location: Rosalie Park

Scheduled date: 8<sup>th</sup> May, 2016

Scheduled time: \_\_\_\_\_



**Subiaco AFC**

VS



**Mandurah City**

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



### Reflective Practice: Football West Junior Cup Round 1

Scheduled location: \_\_\_\_\_

Scheduled date: 14<sup>th</sup> May, 2016

Scheduled time: \_\_\_\_\_



**Subiaco AFC**

**VS**

\_\_\_\_\_

**Pre-match**

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

**Post-match**

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



### Reflective Practice: NPL Round 6

Scheduled location: Arbor Grove

Scheduled date: 15th May, 2016

Scheduled time: \_\_\_\_\_



**Ellenbrook United**

VS



**Subiaco AFC**

**Pre-match**

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

**Post-match**

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



### Reflective Practice: NPL Round 7

Scheduled location: Hilton Park

Scheduled date: 22<sup>nd</sup> May, 2016

Scheduled time: \_\_\_\_\_



VS



#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10





## Reflective Practice: NPL Round 8

Scheduled location: Rosalie Park

Scheduled date: 29<sup>th</sup> May, 2016

Scheduled time: \_\_\_\_\_



Subiaco AFC

VS



Quinns FC

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



## Reflective Practice: Football West Junior Cup Round 2

Scheduled location: \_\_\_\_\_

Scheduled date: 4<sup>th</sup> June, 2016

Scheduled time: \_\_\_\_\_



Subiaco AFC

VS

\_\_\_\_\_

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



### Reflective Practice: NPL Round 9

Scheduled location: Ashfield Arena

Scheduled date: 5<sup>th</sup> June, 2016

Scheduled time: \_\_\_\_\_



**Perth Glory**

VS



**Subiaco AFC**

**Pre-match**

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

**Post-match**

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



### Reflective Practice: NPL Round 10

Scheduled location: Rosalie Park

Scheduled date: 12<sup>th</sup> June, 2016

Scheduled time: \_\_\_\_\_



**Subiaco AFC**

VS



**Perth SC**

**Pre-match**

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

**Post-match**

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



### Reflective Practice: NPL Round 11

Scheduled location: Beale Park

Scheduled date: 19<sup>th</sup> June, 2016

Scheduled time: \_\_\_\_\_



Cockburn City

VS



Subiaco AFC

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



### Reflective Practice: Football West Junior Cup Round 3

Scheduled location: \_\_\_\_\_

Scheduled date: 25<sup>th</sup> June, 2016

Scheduled time: \_\_\_\_\_



Subiaco AFC

VS

\_\_\_\_\_

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



## Reflective Practice: NPL Round 12

Scheduled location: E&D Litis Stadium

Scheduled date: 26<sup>th</sup> June, 2016

Scheduled time: \_\_\_\_\_



**Floreat Athena**

VS



**Subiaco AFC**

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



### Reflective Practice: NPL Round 13

Scheduled location: Rosalie Park

Scheduled date: 3<sup>rd</sup> July, 2016

Scheduled time: \_\_\_\_\_



**Subiaco AFC**

VS



**Armadale SC**

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**





### Reflective Practice: Football West Junior Cup- Quarter Final

Scheduled location: \_\_\_\_\_

Scheduled date: 16<sup>th</sup> July, 2016

Scheduled time: \_\_\_\_\_



Subiaco AFC

VS

\_\_\_\_\_

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



### Reflective Practice: NPL Round 14

Scheduled location: Hyundai Stadium

Scheduled date: 17<sup>th</sup> July, 2016

Scheduled time: \_\_\_\_\_



**Mandurah City**

VS



**Subiaco AFC**

**Pre-match**

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

**Post-match**

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



## Reflective Practice: NPL Round 15

Scheduled location: Rosalie Park

Scheduled date: 24<sup>th</sup> July, 2016

Scheduled time: \_\_\_\_\_



**Subiaco AFC**

VS



**Ellenbrook United**

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



### Reflective Practice: Football West Junior Cup- Semi Final

Scheduled location: \_\_\_\_\_

Scheduled date: 30<sup>th</sup> July, 2016

Scheduled time: \_\_\_\_\_



Subiaco AFC

VS

\_\_\_\_\_

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



## Reflective Practice: NPL Round 16

Scheduled location: Rosalie Park

Scheduled date: 31<sup>st</sup> July, 2016

Scheduled time: \_\_\_\_\_



**Subiaco AFC**

VS



Fremantle City  
FOOTBALL CLUB

**Fremantle City**

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



## Reflective Practice: NPL Round 17

Scheduled location: Peter Moyes Anglican School

Scheduled date: 7<sup>th</sup> August, 2016

Scheduled time: \_\_\_\_\_



Quinns FC

VS



Subiaco AFC

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

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1) What strengths did you display during the game?

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2) What areas could your team improve on before the next game?

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2) What areas could you personally improve on before the next game?

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Team Match Rating:

/ 10
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Individual Match Rating:

/ 10
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### Reflective Practice: Football West Junior Cup Grand Final

Scheduled location: \_\_\_\_\_

Scheduled date: 13<sup>th</sup> August, 2016

Scheduled time: \_\_\_\_\_



Subiaco AFC

VS

\_\_\_\_\_

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



## Reflective Practice: NPL Round 18

Scheduled location: Rosalie Park

Scheduled date: 14<sup>th</sup> August, 2016

Scheduled time: \_\_\_\_\_



**Subiaco AFC**

VS



**Perth Glory**

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**





### Reflective Practice: NPL Top 4 Finals- Week #1

Scheduled location: \_\_\_\_\_

Scheduled date: 28<sup>th</sup> August, 2016

Scheduled time: \_\_\_\_\_



Subiaco AFC

VS

\_\_\_\_\_

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



## Reflective Practice: NPL Top 4 Finals- Week #2

Scheduled location: \_\_\_\_\_

Scheduled date: 4<sup>th</sup> September, 2016

Scheduled time: \_\_\_\_\_



Subiaco AFC

VS

\_\_\_\_\_

### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

**/ 10**

Individual Match Rating:

**/ 10**



### Reflective Practice: NPL Top 4 Finals- Week #3

Scheduled location: \_\_\_\_\_

Scheduled date: 11<sup>th</sup> September, 2016

Scheduled time: \_\_\_\_\_



Subiaco AFC

VS

\_\_\_\_\_

#### Pre-match

Our team aims are to \_\_\_\_\_

My individual aims are to \_\_\_\_\_

#### Post-match

Did your team meet their pre-match objections? Yes  No

Did you meet your individual pre-match objections? Yes  No

1) What strengths did your team display during the game?

\_\_\_\_\_  
\_\_\_\_\_

1) What strengths did you display during the game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could your team improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

2) What areas could you personally improve on before the next game?

\_\_\_\_\_  
\_\_\_\_\_

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



## Player Notes

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