



The Matchday Journal

A player-led record of the moments that matter.

MAKE THE NEXT STEP CLEARER

Four reusable match-review sets: prepare before the match, reflect afterward, and record useful film observations. Finish with a patterns review.

For soccer families, especially parents and players ages 11-15. Use the worksheets together when helpful. The player should have a voice in the plan.

This copy belongs to

HOW TO USE

Read the short guidance, choose the page you need, and reuse the worksheets. Print at actual size on US Letter paper or use a PDF annotation app. Pages are printable; they are not interactive forms.

General education and planning. No individualized training, medical advice, performance guarantee, or coaching access is included.



Before the whistle.

Date / opponent / role

One focus I choose

What cue will help me remember it?

How can I support the team?

KEEP IT PRACTICAL

A focus can change when the game changes. Follow the coach's instructions and respond to what is happening.



Match 1 / What I noticed

Ask the player whether they want to talk now or later. A short conversation can be enough.

One moment I enjoyed or handled well

One moment I want to understand

One question or focus for next time

PARENT PROMPT

Ask “What did you notice?” Give the player room to answer before offering your own interpretation.