

# JUST4GK — BLOCK GOAL-SETTING WORKSHEET

Completed at the START of each training block | Ages 15–19



**How this works:** Fill this out before your first session of the new block. Be specific — vague goals don't get achieved. At the end of the block, your self-assessment will ask you to look back at what you wrote here.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Training Block: \_\_\_\_\_ Block Focus Theme: \_\_\_\_\_

## SECTION 1 — LAST BLOCK REVIEW

If this is your first block, skip to Section 2. Otherwise, take 5 minutes to honestly reflect before setting new goals.

**WHAT I DID WELL LAST BLOCK**

---



---



---



---



---

**WHAT I DIDN'T FOLLOW THROUGH ON**

---



---



---



---



---

Did I achieve the goals I set last block? (circle one and explain)

Yes — fully    Partially    No — here's why:

---

---

One thing from last block I'm carrying forward into this one:

---

---

**SECTION 2 — TECHNICAL GOALS FOR THIS BLOCK**

Set 2–3 specific, measurable goals. "Get better at diving" is not a goal. "Land my collapse dive on my weak side without dropping the ball" is a goal.

**1 TECHNICAL GOAL**

---

**My goal:**

\_\_\_\_\_

\_\_\_\_\_

<b>WHY THIS GOAL MATTERS TO ME</b>	<b>HOW I'LL KNOW I'VE ACHIEVED IT</b>
_____	_____
_____	_____

**What I need to do outside of sessions to make this happen:**

\_\_\_\_\_

**2 TECHNICAL GOAL**

---

**My goal:**

\_\_\_\_\_

\_\_\_\_\_

<b>WHY THIS GOAL MATTERS TO ME</b>	<b>HOW I'LL KNOW I'VE ACHIEVED IT</b>
_____	_____
_____	_____

**What I need to do outside of sessions to make this happen:**

\_\_\_\_\_

**3 TECHNICAL GOAL (OPTIONAL)**

---

**My goal:**

\_\_\_\_\_

\_\_\_\_\_

<b>WHY THIS GOAL MATTERS TO ME</b>	<b>HOW I'LL KNOW I'VE ACHIEVED IT</b>
_____	_____
_____	_____

**What I need to do outside of sessions to make this happen:**

\_\_\_\_\_

**SECTION 3 — MENTAL & MINDSET GOAL**

*One goal. The mental game is where keepers separate themselves. Be honest about what's holding you back.*

**M MINDSET GOAL**

---

**My goal:**

\_\_\_\_\_

\_\_\_\_\_

<b>WHAT TRIGGERS THIS CHALLENGE FOR ME</b>	<b>WHAT I'LL DO DIFFERENTLY THIS BLOCK</b>
_____	_____
_____	_____

**My reset phrase or routine when I get in my own head:**

\_\_\_\_\_

**SECTION 4 — GAME / COMPETITION GOAL**

*Training means nothing if it doesn't transfer to games. What specifically do you want to execute in matches this block?*

**One thing I want to do consistently in games this block that I haven't been doing:**

\_\_\_\_\_

\_\_\_\_\_

**What does a great game look like for me this block? (describe it):**

\_\_\_\_\_

\_\_\_\_\_

**SECTION 5 — EFFORT & READINESS CHECK**

**On a scale of 1–10, how motivated am I entering this block? (circle one)**

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

**If I scored less than 8 — what's getting in the way?**

\_\_\_\_\_

\_\_\_\_\_

**Is there anything going on in my life right now (school, family, mental health) that Coach Jerimy should know about?**

\_\_\_\_\_

\_\_\_\_\_

**What I need from Coach Jerimy most this block to help me reach my goals:**

- Push me harder
- Give me more space to problem-solve
- More video feedback
- Check in on my mindset more
- Keep doing what you're doing

\_\_\_\_\_

**MY COMMITMENT STATEMENT**

*Write it in your own words. This is your promise to yourself — not to Coach Jerimy, not to your parents.*

\_\_\_\_\_

---

---

---

Goalkeeper Signature

Date

*Keep this worksheet. At the end of the block, review it alongside your self-assessment. The gap between where you started and where you landed tells you everything about your commitment.*

---

**Just4GK — Training Excellence. One Session at a Time.**  
*www.just4gk.net | jerimy@just4gk.net*