

PLAYER INFORMATION			POSITIONAL OVERVIEW					
[player picture]	Name:	Will Martel		3		11		Circle your primary position
	Date of Birth:	06/19/1998			6			
	Team:	MO ODP	1	5	10	9		Square your secondary position
	Height:	5'8"		4				
	Years Playing:	10 years		8				
Favorite team:	Chelsea FC		2		7			
AREA	WHAT'S STOPPING YOU?	SPECIFIC ACTIONS TO WORK ON	GOALS	STATUS	CODES			
TECHNICAL	I feel like I understand my roles and responsibilities, but can't play quick enough once I get the ball	I want to work on my first touch	I will spend 20 minutes a day working on ball comfortability; this can include my team's training sessions. I will ask my coach for specific exercises. I will do this for four weeks and adjust my goal if needed, or set a new goal.	P	X - haven't started			
TACTICAL	I have gotten comfortable only playing one position	I want to try a new position to increase my game understanding	I will set a meeting with coach to discuss playing another position; I will update this goal once I have talked with them.	X	P - goal in progress			
PHYSICAL	It takes me awhile to recover after games; it's hard to play multiple games in a week at my best	I want to come up with a better post-game routine	I will research suggested stretches to do after a soccer game and implement this into my post-game routine for every game moving forward. I will also focus on hydration and eating a balanced meal - a balanced post-game meal for me must include protein and carbs.	P	C - completed the goal			
MENTAL	When I make mistakes during a game, I always get in my head and put myself down	I want to increase my positivity after making a mistake	I will meet with a Mental Performance Coach to establish better habits when making a mistake. I am not sure what skills I need, but it's my goal to simply meet with a MPC once every two weeks.	C				
PROGRESS TRACKING (CAN USE FILM)								
Date	Minute	Description	Player signature	William J Martel				
2/16/25	17:42	Improving first touch: I received a ball out of the air and was able to connect a pass to maintain possession	Coach signature	Jeff Muhr				
2/18/25	n/a	I met with my Mental Performance Coach	Will did a great job reflecting on what he needs to work on in each area of the game. I think his small steps will show progress over time. I would encourage him to find enjoyment in these goals; perhaps he could team up with some of his teammates on one or two of these goals to increase accountability.					
2/24/25	1st half	Coach had me play a different position per our plan						
2/24/25	n/a	I used my new stretching routine after the game but don't think I hydrated enough afterwards. I need to research how much water I need after a game.						