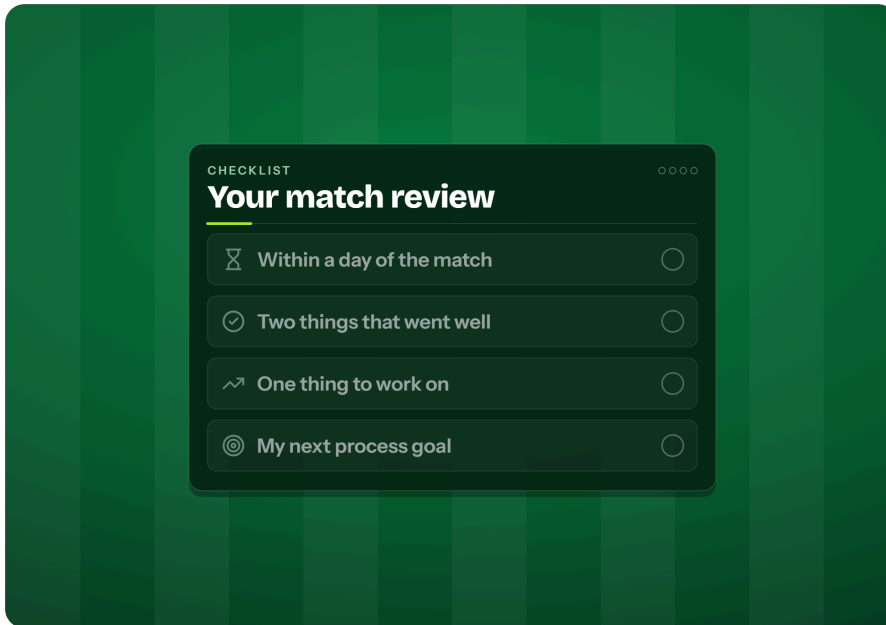




Review your match

PSYCHOLOGICAL · MATCH REVIEW · 1 PLAYER (THEN SHARE IT WITH YOUR COACH) ·
AGE 13+

Set up

A pen and a card

Or a note on a phone

Dose

Our target: 5 minutes

After every match

5 minutes within a day of every match, ending in one process goal for your next session (the Football Reach target, not an FA rule).

What it trains

A 5-minute written review within a day of every match: two things that went well, one thing to work on, and one process goal to take into your next session. Review the decision, never yourself.

How it works

- 1 Within a day of the match, once you have cooled down and eaten, take 5 minutes on your own with a pen and card or a phone note.
- 2 Write two things that went well: things you did, not the score.
- 3 Write one thing to work on: pick one moment you would change. Sketch it if it helps (where you were, the defender, the free teammate) and write what you will do next time.
- 4 Turn it into your next process goal, something you do, such as "check my shoulder before I receive". Make it your one goal at your next session (see "One process goal before training") and share it with your coach or a teammate.
- 5 If you have match video, watch one half following only yourself off the ball and count your shoulder checks before you receive.

Coaching points

- 1 **The decision, not you**
Write what you saw, what you chose and what you would choose next time. Be as fair to yourself as you would be to a teammate: a mistake is information for your next goal, not a verdict on you.
- 2 **Something you do**
Turn the thing to work on into a process goal, something you do and control ("check my shoulder before I receive"), not a result ("no mistakes"). In a review of 27 sport studies (Williamson et al. 2024), process goals had a large effect on performance ($d = 1.36$), outcome goals almost none (0.09).

✖ **Not this:** Judging yourself ("I was rubbish") instead of the decision, or writing a long list of everything that went wrong. Keep it to two good things, one thing to work on and one goal.

MY NOTES

➤ HARDER

If you have match video, count your checks before you receive in one half and compare with your next match. Or watch a player in your position on TV and compare their checks with yours.

➤ EASIER

Write one thing only: one thing that went well, or just your next goal. Or say it to a parent or coach instead of writing it down.

🛡️ Safety

- Review the decision, never your worth. If a match or a review leaves you anxious or low for a while, talk to a parent, a coach or someone you trust.
- No filming needed. If your club or family already has match video, keep it private, and never film or share clips of other players.
- Give it a few hours: review once you have cooled down, not straight after a tough game (our suggestion).
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/review-your-match

Then take the free test at footballreach.com