

Worksheet: Control vs.Out of Control

In football, there are countless things happening at once. Some you can fully control, some you can't control at all, and others fall somewhere in between.

Your job is to sort each factor into the correct column:

 In My Control.
  Out of My Control.
  A Bit of Both

	In My Control	Out of my Control	A Bit of Both
The condition of the pitch/ field			
The weather			
The spectators			
Your work rate			
The referee			
The Linesmen			
Your coach			
A mistake that you have made			
Ball Control			
The other team			
You scoring a goal			
The amount of time left in the game			
Winning a header			
How high you jump for the header			
My Body Language			
My teammates Performance			
How I respond after losing the ball			
The scoreboard			
Your attitude			