

STRENGTHS SHEET

Find 1 thing for each section to write down:

What is a skill that you are great at?

- Example: My first touch is really accurate.

What do you do the very best in a game?

- Example: I read the game well and make the right passes.

When were you the most proud of your attitude?

- Example: I stayed positive and encouraged my teammates even when we were losing.

Who are your biggest supporters?

- Example: My coach and my family always cheer me on.

What do you do physically well?

- Example: I have great stamina and can keep running hard until the final whistle.

What is one thing you've improved the most over the past season?

- Example: My weaker foot has gotten much better — now I can pass and shoot confidently with both feet..