

ZAK DRAKE COACHING

\\SOCCER  
GOALSETTING  
WORKBOOK\\



# 20 Soccer Vision

TEN JOURNALING EXERCISES  
TO HELP YOUR SOCCER CAREER FLOURISH

# SOCCER VISION 2020

YOUR PERSONAL GUIDE TO IMPROVE YOUR SOCCER CAREER

There are 10 sections to help you figure out what's going on in your soccer life. These questions will challenge you to look back and reflect as well as look forward and plan for the future. Each exercise will bring you one step closer to clarity.

Fill in your answers in boxes like this!  
(Or grab a pen and notebook to start writing!)

Sit back and enjoy the exercises!

If you feel like sharing your results or sharing this workbook with others, feel free!

Please tag me in any posts on social media! I love seeing how these tools help players like you!

TAG US: **#SoccerVision2020**

INSTA: @CANXLSOCCER + @ZAK.DRAKE

FACEBOOK: @CANXLSOCCER  
+ @ZAKDRAKECOACHING

TWITTER: @CANXLSOCCER  
+ @ZAKDRAKE2

WEB: ZAKDRAKECOACHING.COM/2020

TAKETHE NEXT STEP AT [WWW.ZAKDRAKECOACHING.COM/2020](http://WWW.ZAKDRAKECOACHING.COM/2020)

# 1. GOAL SETTING

START THE YEAR OFF RIGHT BY WRITING THEM DOWN

Fill in the boxes with your responses. Ask for help from someone if you aren't sure what to write.

What do you need to do in order to hit each milestone? How can you achieve that milestone?

What is the biggest, best, giant of a team that you wish to play for in the future?

Milestone 1

What level are you at now?

Milestone 2

What are the 3 big milestones you need to hit before achieving the goal of playing on that team?

Milestone 3

# 2. FIRST THINGS FIRST

WORK YOUR WAY TOWARDS BIGGER GOALS

Fill in the boxes with your responses.  
Ask for help from someone if you  
aren't sure what to write.

Which milestone from exercise 1 do  
you need to reach first?

What action can you take to achieve  
this milestone?

Is it achievable/realistic with effort  
and commitment? (If not, break it into  
3 more milestones, and find the one  
you need to reach first!)

What could you do every day to work  
towards this?

How long will it take to achieve it?

How will you know you've  
accomplished this milestone?

# 3. YOU IN 5 YEARS

ENVISION AND CREATE YOUR FUTURE

Fill in the boxes with your responses.  
Ask for help from someone if you  
aren't sure what to write.

What does your soccer career look like  
in 5 years?

What is the one goal that would have the  
most positive impact on your career?

# 4. PERFORMANCE RATING

CHECK IN WITH THE PAST

Fill in the boxes with your responses.  
Ask for help from someone if you  
aren't sure what to write.

On a scale of 0-10 how would you rate  
your level of performance or  
"professionalism" in each area.

How was my confidence?

How was my nutrition?

How was my recovery after  
games/training?

How was my focus during training?

How was my overall game  
performance?

How much did I get along with my  
teammates/coaches?

# 5. FUTURE PERFORMANCE

SET YOUR STANDARD AND MAKE THE CHANGE

Fill in the boxes with your responses.

On a scale of 0-10 what would you like your rating to be for 2020? What's the #1 thing that needs to change?

Confidence

Nutrition

Post-game/Training Recovery

Focus during Training

Overall Game Performance

Connection with Team and Coaches

# 6. IDEAL SELF

BUILD CHARACTER & BECOME YOUR BEST SELF

Fill in the boxes with your responses.

How do you want players, coaches, and fans to think of you?

Who do you need to be? How do you need to act?

What are 2 steps you can take to make the switch into your ideal self?



# 7. STRENGTHS

MAKE YOUR HIGHS EVEN HIGHER

Fill in the boxes with your responses.

What were my strengths in 2019?

What do I want my strengths to be this year?

# 8. WEAKNESSES

NOW MAKE YOUR LOWS HIGHER TOO

Fill in the boxes with your responses.

What were my weaknesses on the field in 2019?

What do I need to do to improve these in training or in games?

# 9. GO ALL IN

BUILD CHARACTER & BECOME YOUR BEST SELF

Fill in the boxes with your responses.

What do you need to go all in on to make sure you succeed?

What do you need to invest in? (Are you ready to "pay the price"?)

How can you remind yourself that you're committed to going all in?

# 10. ACCOUNTABILITY

INCREASE YOUR ODDS OF SUCCESS

Fill in the boxes with your responses.

What's a gift you can get yourself when you succeed?

What's a punishment you'll make yourself do if you don't succeed?

Who do you trust enough to support you with your goals? (Talk to them!)

Do you believe in yourself enough to post it on social media? (Do it!)

# ENJOY THE NEW YEAR!!

GO OUT AND ACHIEVE YOUR 2020 VISION

You've done it! You' made it through the workbook. Do you have your plans set? Are you aware of what needs to come next? I hope so.

To seal the deal of your commitment, sign in the box below and make the pact.

I commit to achieving my soccer goals

If you're looking for personal one on one support to help you achieve your soccer goals, dreams, and aspirations, I'm available as a mentor for a select few players. Shoot me an email or head to the link below if you're ready to take the next step and get 10% off by mentioning this code: **SV2020**

Have a great 2020,

- Zak Drake