



■ Player Well-Being Checklist

A complete guide for youth soccer players to stay balanced, healthy, and confident — on and off the field.

■ Mental Health & Mindset

- I focus on progress, not perfection
- I use positive self-talk during games and training
- I visualize success before matches
- I reset quickly after mistakes
- I take mental breaks when I feel stressed

■ Physical Health

- I warm up and cool down every session
- I take at least one rest day each week
- I sleep 8–9 hours per night
- I stay hydrated throughout the day
- I eat balanced meals (protein, carbs, veggies, and healthy fats)

♥■ Emotional & Social Well-Being

- I enjoy playing soccer and feel supported by my team
- I treat teammates and opponents with respect
- I talk to my coach or parent when I feel frustrated

- I celebrate effort and improvement, not just results
- I balance school, soccer, and free time

■ Training Balance

- I set small, realistic goals each week
- I track how I feel after each training session
- I practice my ball control and footwork consistently
- I take care of minor soreness before it becomes injury
- I remind myself why I love this game

■ Weekly Reflection

- Energized and happy
- Tired but motivated
- Stressed or burned out

Goal for next week: _____

What went well: _____

What I'll improve: _____

■ How to Use This Checklist

- Print it and post it near your gear or training bag
- Review it once per week
- Mark your progress honestly
- Talk to your coach or parent about what's going well (and what's not)

Remember: Great players take care of their minds and bodies first.