

Duke of Edinburgh activity request form

Name_____

Timescale (months)_____

Inclusion dates from and to_____

How many hours in total to complete_____

Choose a minimum of 3 goals to work towards within your chosen timescale and dates

These should be S.M.A.R.T

Specific, Measurable, Achievable, Relevant, Time-bound

(Tick as required)

- ☐ Make 20 shots/interceptions each practice
- ☐ Improve my footwork
- ☐ Make stronger passes
- ☐ Create a 10 minute skill session to teach to others at practice
- ☐ Focus more in training
- ☐ Learn a new skill (defending/shooting/attacking)
- ☐ Create a 5 minute warm up/cool down to teach to others at practice

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Signed

Player_____

Coach Liz_____

Date completed_____