

90-Day Goal Setting Guide

Turn a long-term vision into short-term actions you can actually track.

Why 90 days? Big goals can feel distant. A 90-day block gives you enough time to create progress while keeping the target close enough to stay focused.

1. Start With the Bigger Picture

What kind of player are you trying to become over the next 6-12 months? Your 90-day goals should move you toward that bigger picture.

My long-term player goal:

2. Choose Your 90-Day Focus

Do not try to improve everything at once. Choose up to three areas that would make the biggest difference in your game right now.

Area	What I want to improve	How I will know I'm improving
Technical		
Tactical / Game IQ		
Mental / Physical		

3. Build the 3-Month Roadmap

Give each month a purpose so the goal progresses instead of staying the same for 12 weeks.

Month 1 - Build	Month 2 - Challenge	Month 3 - Perform
Create consistency and understand the habits or skills your goal requires.	Increase difficulty, pressure, speed, or decision-making demands.	Apply the work in training and matches, then evaluate what transfers.
My priority:	My priority:	My priority:

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Make the Goal Actionable

A goal becomes useful when it changes what you do this week.

4. Turn Monthly Goals Into Weekly Actions

At the start of each week, choose 1-2 actions that directly support your current monthly priority. Keep them specific enough that you can tell whether you completed them.

Week	My main action	Where will I apply it?	Done?
Week 1			Yes / Not yet
Week 2			Yes / Not yet
Week 3			Yes / Not yet
Week 4			Yes / Not yet

5. Monthly Check-In

Review evidence from training and matches instead of judging progress only by how you feel.

Reflection	Month 1	Month 2	Month 3
What improved?			
What is still inconsistent?			
What needs to change next?			

6. The 90-Day Review

The biggest change I noticed:	
The area that still needs attention:	
My next 90-day priority:	

One final question: Are you sure you are working on the right priority? Goal setting becomes more powerful when your targets are connected to what is actually happening in your matches. Film, feedback, and an outside perspective can reveal patterns that are difficult to notice on your own.

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