Sam

13 YRS · CENTRAL MIDFIELDER

THIS MONTH

4 sessions this month

ERS DIMENSIONS — SCORE · SESSION DELTA

ENGAGEMENT	7.4	↑ +0.6
COACHABILITY	7.1	↑ +0.4
CONSISTENCY	6.5	↑ +0.7
CONFIDENCE & COMMUNICATION	6.1	↑ +1.2
GOAL PROGRESSION	6.9	↑ +0.5

ERS COMPOSITE

6.8 / 10

↑ +0.7 vs. last period

TIMELINE

LAST SESSION

Nov 24, 2026

NEXT SESSION

Dec 3, 2026

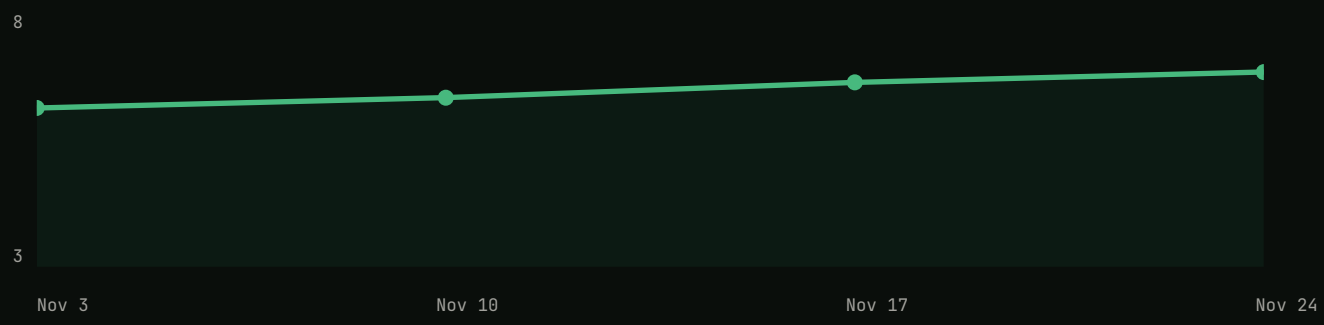
MENTOR NOTE

> *"Sam used the reset routine twice in Saturday's game without anyone saying a word. That's the habit that carries to every level."*

— Jordan · Division I midfielder

ERS TRAJECTORY

MONTHLY OVERALL COMPOSITE



4	1	*One-to-one*
SESSIONS	MILESTONES	MEMBERSHIP

Parents receive this report every month. Mentors review it before every session.

FROM JORDAN

Sam started the month replaying mistakes for days after games. In our first session Sam described a misplaced pass in the first ten minutes of a game and said the rest of the half was spent "trying not to mess up again". We spent most of that session on what happens in the five seconds after a mistake, and built a simple reset routine: breathe out, say "next", find the next job.

By the third session Sam was using the routine in training without a reminder, and in Saturday's game used it twice. Sam also started logging one win after each training, which has made it easier to talk about what is going well rather than only what went wrong.

The next step is communication. Sam reads the game well but goes quiet under pressure, especially at set pieces, and finds organising teammates harder than the soccer itself. We have agreed to make that the focus for December, starting with talking to the centre back for the whole game.

> FEATURED MOMENT
>
> *“Sam used the reset routine twice in Saturday's game without anyone saying a word. That's the habit that carries to every level.”*

FOCUS FOR NEXT MONTH

Talk to the centre back for the whole game; keep logging one win after every training; prepare for the U14 winter showcase on December 12.