

Cedar Stars Academy North



2024/2025 Individual Development Plan

Player Name			My Dream Goal		
DOB					
Team					
			2024/2025 Individual Development Objectives		
			Short Term (Winter & Spring 2025)		Long Term (Fall 2025 & beyond)
Position					
Dominant Foot					
Additional Notes					
			2024/2025 Action Plan		
			Short Term Individual Objective #1		
			<u>What:</u>		
			<u>When:</u>		
			<u>How:</u>		
			<u>Measure of Success:</u>		
Log of Matches & Training Sessions			<u>What:</u>		
			<u>When:</u>		
			<u>How:</u>		
			<u>Measure of Success:</u>		
Month	Matches	Tr. Sessions			
January					
February					
March					
April					
May			Short Term Individual Objective #3		
June			<u>What:</u>		
July			<u>When:</u>		
August			<u>How:</u>		
September			<u>Measure of Success:</u>		
October					
November					
December					