

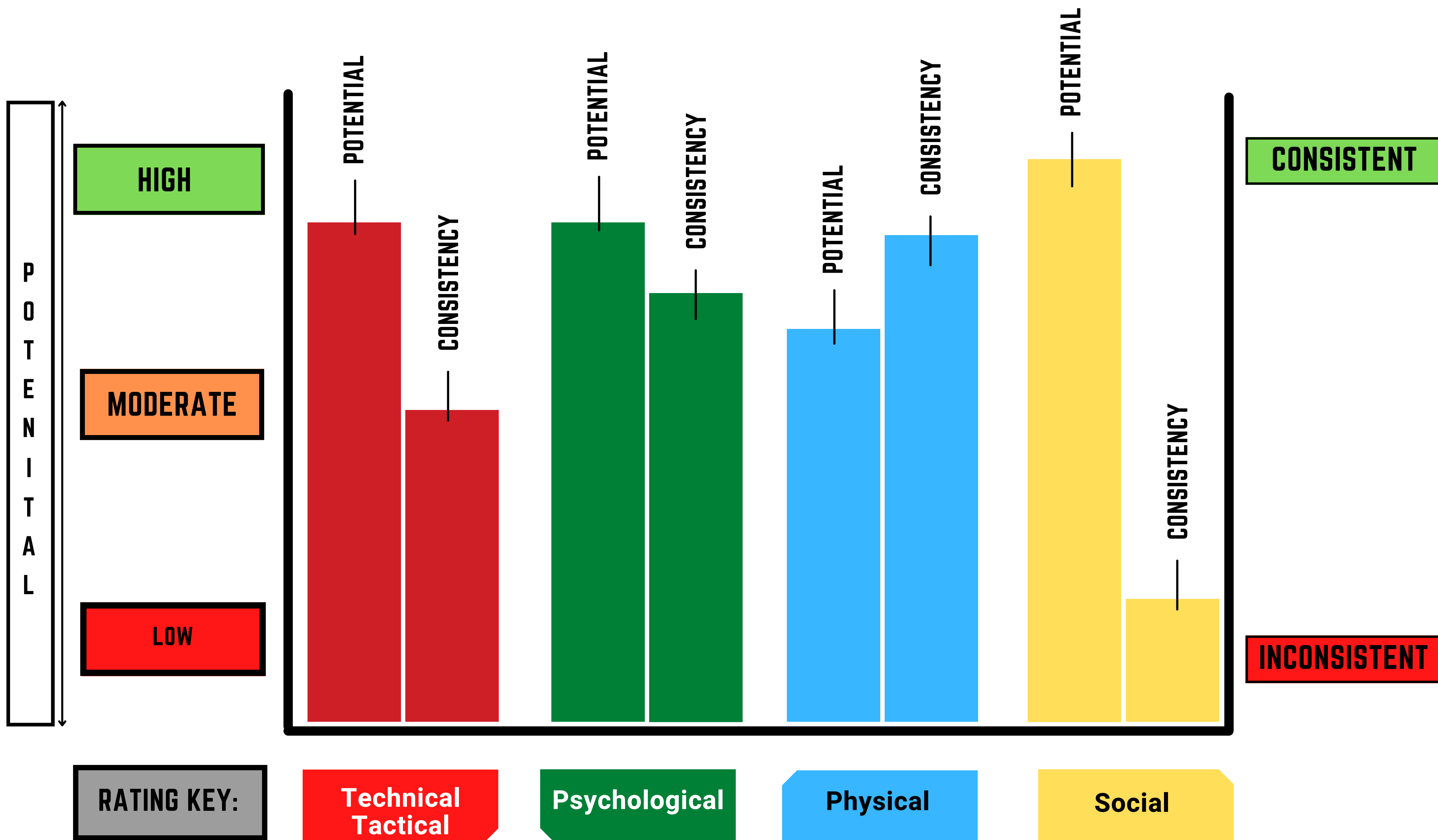
INDIVIDUAL DEVELOPMENT PLAN





OBJECTIVES

CONSIDERATIONS	OBJECTIVE 1 <input type="checkbox"/>	OBJECTIVE 2 <input type="checkbox"/>	OBJECTIVE 3 <input type="checkbox"/>
TECHNICAL TACTICAL			
PSYCHOLOGICAL			
SOCIAL			
SOCIAL			



EXAMPLE:



PLAYER NAME:

DATE

COACH NAME:


POSITIONS


BEST POSITION:

BEHAVIOUR

★1★2★3★4★5

PREFERRED FOOT:

RIGHT

LEFT

WEAKER FOOT:

★1★2★3★4★5

STAND OUT GAME(S):

BIGGEST ATTRIBUTE IN TRAINING:

LAST 5 GAME RATING:

LAST 5 TRAINING RATING:

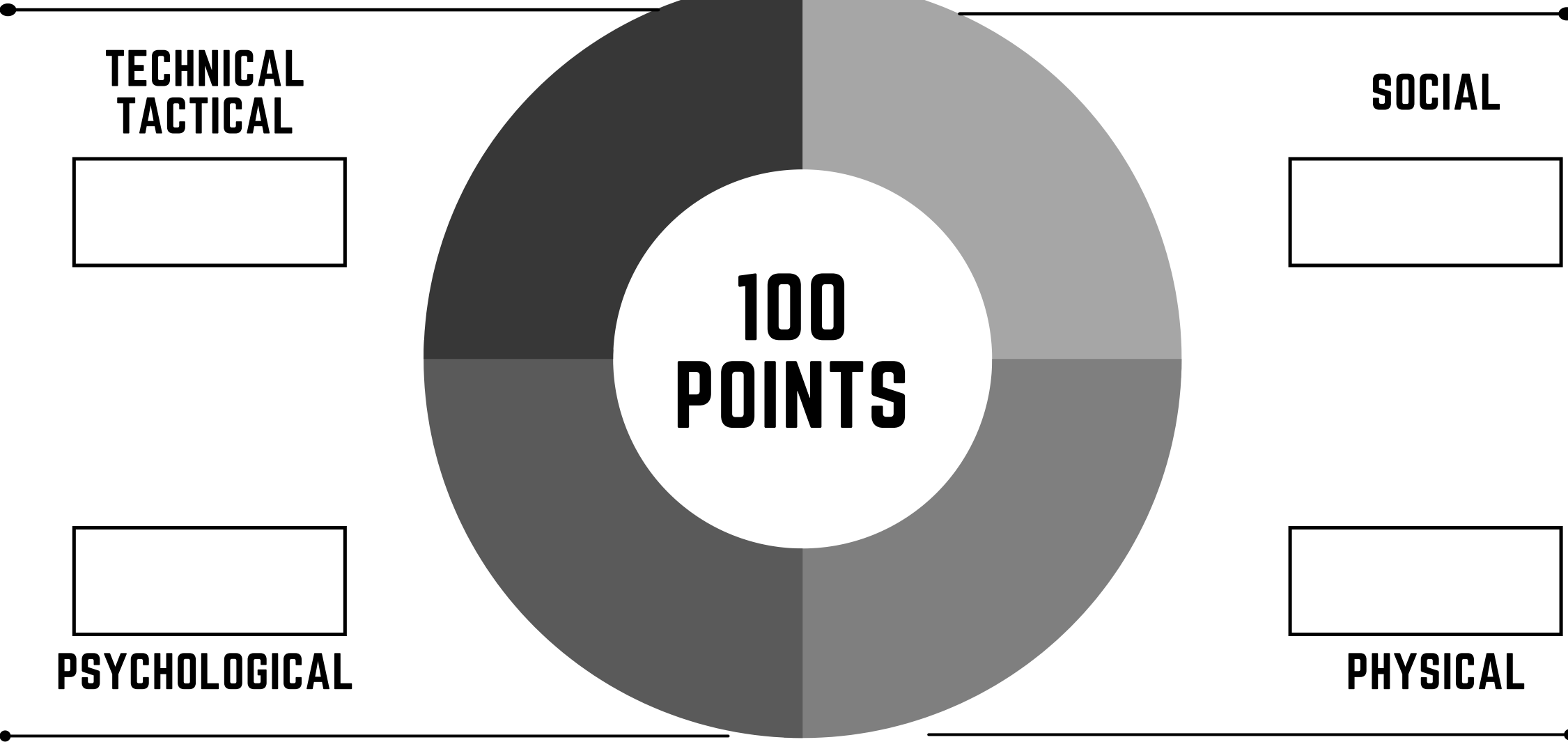
SUPER STRENGTHS:
(COACH)

AREAS FOR IMPROVEMENTS:
(COACH)

TRAINING FEEDBACK:
(COACH)

GAME FEEDBACK:
(COACH)

DEVELOPMENT:
WHAT HAVE YOU FELT
HAS DEVELOPED MOST
OVER THE LAST 3
MONTHS?



PROVIDE AN EXAMPLE OF WHY YOU GAVE YOURSELF THOSE SCORES
(ABOVE - REFLECTION)



Technical

FINISHING	1	2	3	4	5
MARKING	1	2	3	4	5
FIRST TOUCH	1	2	3	4	5
DRIBBLING	1	2	3	4	5
CROSSING	1	2	3	4	5
HEADING	1	2	3	4	5
PASSING	1	2	3	4	5
TECHNIQUE	1	2	3	4	5
LONG SHOTS	1	2	3	4	5
TACKLING	1	2	3	4	5
	VERY POOR				EXCELLENT

Social

COMMUNICATION	1	2	3	4	5
LISTENING	1	2	3	4	5
LEADING	1	2	3	4	5
FEEDBACK	1	2	3	4	5
PRAISING	1	2	3	4	5
ENCOURAGING	1	2	3	4	5
SUPPORTIVE	1	2	3	4	5
POSITIVE	1	2	3	4	5
STANDARDS	1	2	3	4	5
COPING SKILLS	1	2	3	4	5
	VERY POOR				EXCELLENT

Tactical

POSITIONING	1	2	3	4	5
AWARENESS	1	2	3	4	5
DECISIONS	1	2	3	4	5
ANTICIPATION	1	2	3	4	5
ATTACKING	1	2	3	4	5
DEFENDING	1	2	3	4	5
TRANSITIONS	1	2	3	4	5
ADAPTABLE	1	2	3	4	5
FLEXABILITY	1	2	3	4	5
READING THE GAME	1	2	3	4	5
	VERY POOR				EXCELLENT

Psychological

BRAVERY	1	2	3	4	5
COMPOSURE	1	2	3	4	5
CONCENTRATION	1	2	3	4	5
DECISIONS	1	2	3	4	5
LEADERSHIP	1	2	3	4	5
TEAMWORK	1	2	3	4	5
OFF THE BALL	1	2	3	4	5
VISION	1	2	3	4	5
MOTIVATION	1	2	3	4	5
COPING SKILLS	1	2	3	4	5
	VERY POOR				EXCELLENT

Physical

ACCELERATION	1	2	3	4	5
STAMINA	1	2	3	4	5
BALANCE	1	2	3	4	5
AGILITY	1	2	3	4	5
PACE	1	2	3	4	5
JUMPING	1	2	3	4	5
STRENGTH	1	2	3	4	5
STRENGTH	1	2	3	4	5
WORK RATE	1	2	3	4	5
COORDINATION	1	2	3	4	5
	VERY POOR				EXCELLENT

PLAYER'S FEEDBACK BASED ON THE COACH'S SCORING ACROSS THE FOUR CORNER MODEL?



**PLAYER'S
OVERALL FEEDBACK:
WHAT WENT WELL?**

**PLAYER'S
OVERALL FEEDBACK:
AREA'S FOR
IMPROVEMENT?**

**WHAT SUPPORT DO YOU NEED MOVING FORWARDS TO CONTINUE YOUR DEVELOPMENT?
(CREATE AN ACTION PLAN)**