



# INDIVIDUAL DEVELOPMENT PLAN 2019/2020





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## ULTIMATE GOAL

## SHORT TERM GOALS 1 – 6 MONTHS

## LONG TERM GOALS 1 – 2 YEARS

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

## MEETING DATES (With Player and Parent)

MEETING #1  
AUGUST

MEETING #2  
NOVEMBER

MEETING #3  
MARCH

## PERSONAL INFORMATION

## ACADEMICS

NAME:

DOMINANT FOOT:

GPA:

TEAM:

HEIGHT:

ACT:

DOB:

WEIGHT:

SAT:

POSITION:

## PLAYER CORE VALUES

Authenticity  
 Achievement  
 Adventure  
 Authority  
 Autonomy  
 Balance  
 Beauty  
 Boldness  
 Compassion  
 Challenge  
 Citizenship  
 Community  
 Competency  
 Contribution  
 Creativity  
 Curiosity  
 Determination  
 Fairness  
 Faith  
 Fame  
 Friendships  
 Fun  
 Growth  
 Happiness  
 Honesty  
 Humor



Influence  
 Justice  
 Kindness  
 Knowledge  
 Leadership  
 Learning  
 Love  
 Loyalty  
 Openness  
 Optimism  
 Peace  
 Pleasure  
 Popularity  
 Recognition  
 Religion  
 Reputation  
 Respect  
 Responsibility  
 Security  
 Self-Respect  
 Spirituality  
 Stability  
 Success  
 Trustworthiness  
 Wealth  
 Wisdom



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**GAME UNDERSTANDING & DECISION MAKING**  
(READ AND UNDERSTAND THE GAME AND MAKE AUTONOMOUS DECISIONS)

- Applies knowledge of the details and implications of the cues
- Reads cues regarding A/D/T in a split second and/or under pressure
- Aligns own actions with the other players, positions (understand relationships /partnerships)
- Is the best player at his position based on the style of play of the team
- Recognizes the transition moment as an opportunity and threat is a coach on the field
- Manages the game when it comes to the pace of the game and/or the moment in the game

**INITIATIVE**  
(TAKE INITIATIVE BE PROACTIVE)

- Creates instead of react
- Takes people on (1v1, dribble to drag opponents out of position)
- Thinks ahead
- Moves into space ahead of time
- Is there when it is needed (leadership)

**FOCUS**  
(FOCUSED FOR 90+ MINUTES ON THEIR TASK)

- Plays to win
- Has guts, is brave
- Deals with adversity (recovers quickly)
- Is composed in his behavior (emotional stability)
- Enhances the team and the other players by executing his task (is a giver)

**OPTIMAL TECHNICAL**  
(EXECUTE THEIR TASKS 90+ MINUTES WITH OPTIMAL TECHNICAL ABILITY)

- Is technically proficient to be effective (accurate) and successful in all situations
- Is proficient in 1v1 to create or to win/regain the ball
- Has the technical skills to create, even under pressure
- Protects and holding on the ball under pressure

**OPTIMAL PHYSICAL**  
(EXECUTE THEIR TASKS 90+ MINUTES WITH OPTIMAL PHYSICAL ABILITY)

- Uses his body (e.g. getting on the man and defend)
- Exudes power and speed
- Has the physical fitness to execute his task at top level during the whole game

**RESPONSIBLE (ON&OFF FIELD)**  
(TAKE RESPONSIBILITY / ACCOUNTABILITY FOR THEIR OWN DEVELOPMENT / PERFORMANCE)

- Is involved and engaged in every training session and exercise
- Delivers on agreements and promises
- Is (more) adaptable and flexible in dealing with (un)expected challenges and problems
- Evaluates and reflects on their own performance (analyzes matches in relation to positional requirements
- in the system of play)
- Articulates his own learning needs and formulate personal development goals
- Creates a personal development plan
- Organizes and manages the personal lifestyle and environment to perform

**FOCUS AREA RATING:**

**AREA OF CONCERN**

**AREA OF FOCUS**

**CONSISTENTLY SHOWING**



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## PLAYER NOTES

A large, empty rectangular box with a black border, intended for writing player notes.

## PLAYER DEVELOPMENT PLAN

A large, empty rectangular box with a black border, intended for writing the player's development plan.



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