

Your Development Areas

I have used this sheet to work out your weaker areas for development and to help us turn them into your strengths. We will use this for discussion for your progression:

1. What I feel you are already good at and what has gone well:
2. What I feel your development areas are in training:
3. What I feel your development areas are in games:
4. What could take you to the next level:
5. What I would like you to achieve by the end of next season:

How we can progress together:

1. How you can take responsibility to address these areas:
2. How can I support you along the way:
3. How will we know when you have achieved the goal? (will it be a feeling or visible result, will it be an individual or team achievement?)

Player Name:

I have scaled you on where I think you would score in each of the following components. rate 1-6 for each one (1 = very poor and 6 = the best you could be):

Agility	/6	Shooting	/6
Balance	/6	Layups	/6
Conditioning	/6	Defence	/6
Mobility	/6	Rebounding	/6
Power	/6	Passing	/6
Reaction time / quickness	/6	Dribbling	/6
Strength	/6	Mindset	/6
Vertical Jump	/6	Knowledge	/6
Broad Jump	/6		/6
	/6		/6

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Player Name:

Other comments:

Resources to look at:



Review Date: