

Problem Solving your Development Areas

Use this sheet to work out your weaker areas for development and turn them into strengths.

Think about the following:

1. What am I already good at and what has gone well?
2. What do I struggle on in training and in games?
3. Is there anything I could have done differently in training and in games?
4. What do I need to work on to improve?
5. What do I want to achieve by the end of next season?

Then answer these questions:

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

If you struggle with answering these questions, Scale yourself of where you think you would score in each of the following components. This will allow you to identify areas to develop and improve. Be honest and rate yourself from 1-6 for each one (1 = very poor and 6 = the best you could be):

| | | | |
|---------------------------|----|---------------------------|----|
| Agility | /6 | Broad Jump | /6 |
| Balance | /6 | Nutrition | /6 |
| Conditioning | /6 | Hydration | /6 |
| Mobility | /6 | Sleep | /6 |
| Power | /6 | Rest and relaxation | /6 |
| Reaction time / quickness | /6 | Resilience | /6 |
| Strength | /6 | Mindset | /6 |
| Vertical Jump | /6 | Knowledge and Development | /6 |
| | /6 | | /6 |

You can share this with your coach and ask for their opinion too. Then prioritise the list and develop an Action Plan. Test the component or skill, so you can retest in the future to make sure you are progressing.