

## Player Developmental Plan

April 14, 2009

Player name: \_\_\_\_\_

Date written/revised: \_\_\_\_\_ Prior plan date \_\_\_/\_\_\_/\_\_\_\_\_

Age: \_\_\_\_\_ Birth date \_\_\_/\_\_\_/\_\_\_\_\_

Male/Female (Circle one) Height \_\_\_\_\_ Weight \_\_\_\_\_

Hometown: \_\_\_\_\_ Contact tel # (\_\_\_\_)\_\_\_\_\_

Email: \_\_\_\_\_

Developmental team leader: \_\_\_\_\_

Contact # (\_\_\_\_)\_\_\_\_\_ Email: \_\_\_\_\_

**Long term vision:** Player's vision not the coach's; include every aspect of the game, style of play, weapons, conduct, type of competitor the player is, physical condition, personality, etc. It should be consistent with and intended to maximize the physical & mental skills of the player, Player should be in total agreement and excited about the player they want to ultimately become. All developmental efforts should emanate from this vision and the vision should evolve over time.

**Strategy:** The coach should discuss with the player what strategy and patterns need to be mastered and the "weapons" he or she needs to develop in order to make the player's vision a reality. These strategies should highlight the strengths and minimize the weaknesses of the player. The coach must attempt to anticipate where the player's future strengths will be.

## **Player Development Plan (P2)**

**Player name:** \_\_\_\_\_

**Tactical Considerations:** Decisions and shot making in the context of a player's overall strategy.

**Technical development:** Only after establishing a well defined vision, strategy and tactical plan should the coach discuss technique. With those in place, the technical needs of a player becomes clear. It is easier to prioritize what should be worked on and when it should be addresses. The player should have a better understanding of what to work on and why due to this process.

**Emotional/Psychological Development:** How the player approaches competition, how he/she competes, how the player conducts himself/herself before, during and after competition. Goal to develop good practice habits and overall self-discipline.

**Scheduling/Periodization:** Discuss the cyclical nature of training in relation to tournament preparation throughout the year. For example, how many tournaments to play during the year, optimum number of tournaments in a row, the amount of training and rest time required for maximum benefit.

**Goal Setting:** After all the above areas are discussed and outlined the coach can help the player establish long, medium and short term performance and outcome goals. Goals should not be done before a long term vision is in place.

**Addendums:**

**a) Statistical match analysis**

**b) Fitness testing**

Test Date: \_\_\_\_\_

Test site: \_\_\_\_\_

Test	Your score	Avg. Score
1. Sit & reach (centimeters, + or -)	_____	_____
2. Sit-ups (number)	_____	_____
3. Push-ups (number)	_____	_____
4. Grip strength		
Dominant (kilograms)	_____	_____
Non-dominant (kilograms)	_____	_____
5. Vertical jump (inches)	_____	_____
6. Hexagon test (seconds)	_____	_____
7. 20 Yard Dash (seconds)	_____	_____
8. Spider test (seconds)	_____	_____
9. 1 ½ mile run (minutes/secs.)	_____	_____

**c) Tournament log**

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Opponent: \_\_\_\_\_

Surface: \_\_\_\_\_

Scoring (Ad/ no ad): \_\_\_\_\_

Score: \_\_\_\_\_

Comments: