



Individual Development Plan (IDP) & Performance Agreement

Confidential Player Development Framework

This document serves as the roadmap for the player's development over the coming cycle. It is a collaborative agreement between player and coach to ensure focused, measurable growth.

1. Player Profile & Context

Field	Details
Player Name	[Enter Name]
Date of Birth	[DD/MM/YYYY]
Current Squad	[e.g., U14 Academy]
Primary Position	[e.g., Center Back]
Secondary Position	[e.g., Defensive Midfield]
Coach Name	[Enter Name]
Date of Plan	[DD/MM/YYYY]
Review Date	[Date + 6 Weeks]

2. Development Phase (Select One)

Refer to the program structure. This phase dictates the primary focus of the IDP.

- ☐ **Foundation Phase (U6-U12):**
 - **Focus:** Core technical skills (ball mastery, 1v1), creativity, and love for the game.
 - **Rationale:** Building the toolbox required to solve problems later.
- ☐ **Forge Phase (U13-U16):**
 - **Focus:** Shaping the player. Introduction to positional roles (U13-14) and intensive position-specific refinement (U15-16).
 - **Rationale:** Learning to apply technique within a specific tactical function.



- **[] Refine Phase (U17+):**

- **Focus:** Performance reliability, winning mentality, and advanced tactical execution under pressure.
- **Rationale:** Bridging the gap to senior/professional football where results matter.

3. The 4-Corner Analysis (Current Status)

Identify **Key Development Areas**. Highlight 1 Super-Strength (to maintain) and 1 Key Area for Growth (to improve) per category. Be honest.

Pillar	Current Strengths (What makes you stand out?)	Areas for Development (What is holding you back?)
Technical (Passing, control, finishing, 1v1)		
Tactical (Positioning, decision making, scanning)		
Physical (Speed, agility, strength, endurance)		
Mental/Social (Confidence, resilience, leadership)		

4. SMART Objectives (The Core Plan)

In this cycle, we will focus on 2-3 specific objectives. "Getting better at shooting" is not a goal. Use the framework below.

Objective 1: [Enter Main Technical/Tactical Focus]



Strategic Rationale: *Why is this important for your position or long-term potential? (e.g., "As a center back, breaking lines is crucial for our possession style.")*

[Enter Rationale]

S.M.A.R.T Component	Detail & Metric
Specific <i>(What exactly will we do?)</i>	[e.g., Improve left-foot distribution from the back into midfield zones.]
Measurable <i>(What is the success metric?)</i>	[e.g., Complete 10 progressive passes with the left foot per week in training games with >70% accuracy.]
Achievable <i>(Is this realistic now?)</i>	[e.g., Yes, player has the technique but lacks confidence/frequency.]
Relevant <i>(Does this fit the position?)</i>	[e.g., Essential for a modern CB to prevent being pressed onto one side.]
Time-bound <i>(When will we review?)</i>	[e.g., By the 6-week review date.]

Objective 2: [Enter Secondary Focus]

Strategic Rationale: *Why is this important?*

[Enter Rationale]

S.M.A.R.T Component	Detail & Metric
Specific <i>(What exactly will we do?)</i>	[e.g., Increase scanning frequency before receiving the ball.]



Measurable <i>(What is the success metric?)</i>	[e.g., Achieve a scan count of >0.5 scans per second of possession in video analysis review.]
Achievable <i>(Is this realistic now?)</i>	[e.g., Yes, requires mental habit building, not physical adaptation.]
Relevant <i>(Does this fit the position?)</i>	[e.g., Critical for a #6 Midfielder to play forward quickly.]
Time-bound <i>(When will we review?)</i>	[e.g., Weekly video check-ins for 4 weeks.]

Objective 3: [Physical/Mental Focus - Optional]

Strategic Rationale: *Why is this important?*

[Enter Rationale]

S.M.A.R.T Component	Detail & Metric
Specific	
Measurable	
Achievable	
Relevant	
Time-bound	

5. Implementation Strategy (The "How")

Goals are useless without action. Define the specific interventions required.

Training Interventions



- **Coach's Responsibility:**
 - [e.g., Design 1 passing drill per session that forces usage of the weak foot.]
 - [e.g., Provide immediate verbal cues ("Check shoulder!") during small-sided games.]
- **Player's Responsibility:**
 - [e.g., Arrive 15 minutes early to use the rebound board.]
 - [e.g., Watch 10 mins of game footage of [Role Model Player] specifically looking at their scanning.]

Match Day Challenges

- **The specific challenge for the next 3 games:**
 - [e.g., "I will attempt to drive into space (dribble) at least 3 times when the opposition drops off."]

6. Review & Reflection (To be completed at cycle end)

Objective 1 Status:

[] Achieved [] Ongoing [] Not Achieved

- **Metric Result:** [e.g., Achieved 75% accuracy]

Objective 2 Status:

[] Achieved [] Ongoing [] Not Achieved

- **Metric Result:** [e.g., Scan rate improved markedly in low pressure, still struggling in high pressure.]

Coach Feedback:

Player Feedback:

7. Commitment Sign-Off

Player Signature: _____

Coach Signature: _____

Parent Signature: _____ (If U18)