**Player Profile, Goal Setting & Player Development**

**Name:**

**Position (Desired):**

***Key Qualities (as defined by coaches):***

**KQ’s we want to see in player Definitions of KQ’s**

|  |  |
| --- | --- |
| Game Understanding & Decision Making | reads and analyzes cues, applied knowledge gained in training specific to situations, understands relationships on the field, manages the game |
| Initiative | Creates instead of reacts, challenges opponents (1v1, running), thinks ahead |
| Focus | Plays to win, deals with adversity, models composure on the field and off, contributes to team by executing their tasks, always comes through |
| Optimal Technical | Is technically good enough to be successful, can win or succeed in 1v1 situations, has the skill to create or control the game |
| Optimal Physical | In proficient enough to use their body, has the fitness to fulfill their role at the highest level possible for 90 minutes |
| Responsible | In engaged in every session, is adaptable and flexible, comes through on promises or agreements, evaluates and reflects responsibly on their own performance, is a coach on the field, is a role model on and off the field, participates in their own learning |

Season Goals

*(consider the key qualities of a player)*

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Long Term Goals

*(Consider the key qualities of a player listed above….)*

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***Obstacles – Action Plan/Goals – Analysis/Collaboration***

*(should be related to your seasonal and long-term goals)*

***Obstacles to my Development:***

***What? How will I overcome these?***

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***Action Plan/Goals***

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| What? | How? | Who? | Frequency?  | When?  |
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Review Plan:

Assessment – This packet

Review #1

(think in 3 to 6 weeks blocks)

Review #2

(think in 3 to 6 weeks blocks)

Review #3

(think in 3 to 6 weeks blocks)

Review #4

 (think in 3 to 6 weeks blocks)

Final Assessment Date: