



INDIVIDUAL DEVELOPMENT PLANS

What is a IDP?

An Individual Development Plan (IDP) is the perfect tool to use when a player is serious about improving or wants to get ready for a major event.

A great way to determine the player’s current standard and start measuring performance.

For an IDP to work both the coach and the player need to work together (it is a team effort).

It starts by asking the player a series of questions and finding out what you both want to achieve.

All skills and strategies need to be reviewed with all opportunities identified for improvement.

The coach then prepares the IDP. Sometimes it is best to spend additional quality time on it and deliver it to the player at a later date.

Ensure you have an agreement with the player and make the experience as enjoyable as possible.

The IDP needs to be reviewed and updated frequently with new and advanced skills and strategies.

Notes: _____

INDIVIDUAL DEVELOPMENT PLAN

Name: _____

OPPORTUNITIES FOR IMPROVEMENT

Training Opportunities	Steps to be taken						Review
Competition Opportunities	Steps / Actions						Review
Off Court Opportunities	Steps / Actions						Review
Start of Time Frame (1 = poor 6 = excellent)	1	2	3	4	5	6	
End of Time Frame (1 = poor 6 = excellent)	1	2	3	4	5	6	

EXAMPLE OF A COMPLETED INDIVIDUAL DEVELOPMENT PLAN

Name: Hoop Running Security

OPPORTUNITIES FOR IMPROVEMENT

Training Opportunities	Steps to be taken	Review				
To make hoops consistently from 1 yard.	<p>Club coach to watch, review and advise.</p> <p>Complete hoop drills from Level 1 and 2 Coaching Manuals.</p> <p>Spend 10 minutes prior to every club day practising learnings.</p>	Monday 10 am with Coach Jabber Jaws.				
Competition Opportunities	Steps / Actions	Review				
Enter this year's club championship.	<p>Approach and discuss with the club coach how to prepare.</p> <p>Arrive early and complete a planned warm up.</p> <p>Play doubles with a senior player and ask questions.</p> <p>Come on non-club days with another member and have a practice game.</p>	After every game ask for feedback and/or make a list of things to improve.				
Off Court Opportunities	Steps / Actions	Review				
To be mentally and physically ready for competition.	<p>Good night's sleep.</p> <p>Hydrated.</p> <p>Well-organised.</p> <p>Bag packed and clothes ready the night before.</p> <p>Travel and accommodation arrangements sorted.</p>	Use a checklist for every major event.				
Start of Time Frame (1 = poor 6 = excellent)	1	2	3	4	5	6
End of Time Frame (1 = poor 6 = excellent)	1	2	3	4	5	6