

Sport Coach Development Planning

Annual Performance Targets	
In 5 year's I would like to say I achieved:	
In 12 months I would like to say I achieved:	
Specific Performance Targets for the next 12 months	
Example Goals	Win %, Athlete National Victories, Athlete Regional Victories, Athlete National or International Recognition
Goal One	
Goal Two	
Goal Three	

Profiler Form

- To achieve your performance goals choose a minimum of 5 areas that you need to improve on.

	Key Areas	Scoring out of 10										
		1	2	3	4	5	6	7	8	9	10	
1												Where I want to be
												Where I am today
2												Where I want to be
												Where I am today
3												Where I want to be
												Where I am today
4												Where I want to be
												Where I am today
5												Where I want to be
												Where I am today
6												Where I want to be
												Where I am today
7												Where I want to be
												Where I am today
8												Where I want to be
												Where I am today
9												Where I want to be
												Where I am today
10												Where I want to be
												Where I am today

Profiling Components Sheet for Coach Development

Important Technical / Tactical / Organisational / Physical / Nutritional / Technological development areas in my or other sports (FILL IN THE BLANKS)

Psychological/ Lifestyle Development Suggestions

Mental Toughness Development - How to help my athletes thrive in pressure
Self-Compassionate Focus – Supporting athletes to be less self-critical
Social Comparison – How to channel an athletes focus on themselves
Confidence – Instilling self-belief in athletes
Growth Mindset Attitude – Learning from criticism
Resilience - Coping with tough times and challenges
Finding the zone – Supporting “ZEN” like concentration
Emotional control – Helping athletes remain present
Emotional Intelligence – Helping athletes use anger and frustration as a motivator
Self-esteem – Ensuring athletes self-worth is not based solely on their sporting performance
Commitment – Pushing through difficulties so that they follow through with promises.
Body Language – Showing athletes how to own their sporting stage
Pre-performance routines - Intensity control management for individual athletes
Perfectionism – Harnessing aiming of Excellence not Perfection
Culture – Building a thriving team culture
Developing Leaders – Learning more about social, task, compassionate and collective leadership.
Self-evaluation – The are of reflection and learning from mistakes
Communication Skills - with team mates and coaches

Key Development Areas

- Write down your top 3 key development areas which are the most urgent and you will address during the next 12 months

Key Development Area 1:

Key Development Area 2:

Key Development Area 3:

Reviewing and Achievement

Date of Review:

Area of Development	Resources that I have available	Activities that I will take part in	Person / Organisation who can help me	Target Date