

Pardaan

Individual Development Plan

Set personal targets and actions for a single player.

An Individual Development Plan (IDP) helps a player know exactly what to work on and feel that you see their progress. Agree a small number of targets together, note the actions that will get them there, and set a date to review. Keep it positive and player-led.

Player name: _____

Age group: _____

Position: _____

Review date: _____

Development targets

Focus area	Target (specific & realistic)	Action / how
Weaker foot	Pass 8/10 accurately over 10 m with the left	5 min left-foot passing each session

Player & coach comments

Make targets SMART

Specific, Measurable, Achievable, Relevant and Time-bound. 'Improve passing' is vague; 'complete 8 of 10 left-foot passes over 10 m by half-term' is a target a player can chase and you can measure.