

# HIGH PERFORMANCE COACHING PROGRAM DEVELOPMENTAL PLAN



**Player Name:** \_\_\_\_\_

**Birth Date:** \_\_\_\_\_

**Personal Coach:** \_\_\_\_\_

**Developmental Team:** \_\_\_\_\_

**Length of Relationship:** \_\_\_\_\_

**Establish Developmental Team Leader:** \_\_\_\_\_

**Establish Player's role:** \_\_\_\_\_

**Establish Parents' role:** \_\_\_\_\_

**Establish frequency and mode of communication:** \_\_\_\_\_

## LONG TERM VISION

Player writes essay outlining their long-term vision for their game (Gamestyle, weapons, ect) Player states their short, mid and long-term performance goals for their game.

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## GENERAL PERFORMANCE EVALUATION

### HANDS- TECHNICAL ASSESSMENT:

Serve: \_\_\_\_\_

Return of Serve: \_\_\_\_\_

Forehand: \_\_\_\_\_

Backhand: \_\_\_\_\_

Backhand Slice: \_\_\_\_\_

### TRANSITION SHOTS (APPROACH SHOT/DRIVE/SWING VOLLEY/SLICE)

Forehand Volley: \_\_\_\_\_

Backhand Volley: \_\_\_\_\_

Overhead: \_\_\_\_\_

### FEET- (FOOTWORK & BALANCE)

Footwork Patterns (lateral/diagonal/forward): \_\_\_\_\_

Balance (load/head movement): \_\_\_\_\_

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## EYES & MIND (TACTICAL DEVELOPMENT):

Recognition: \_\_\_\_\_

Shot Selection: \_\_\_\_\_

Patterns of Play: \_\_\_\_\_

## PHYSICAL DEVELOPMENT

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## EMOTIONAL/PSYCHOLOGICAL DEVELOPMENT

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## THREE MAIN AREAS OF NEEDED IMPROVEMENT

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# HIGH PERFORMANCE COACHING PROGRAM DEVELOPMENTAL PLAN



## PRIORITY ONE:

**Plan: (Include daily drills)**

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## PRIORITY TWO:

**Plan: (Include daily drills)**

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## PRIORITY THREE:

**Plan: (Include daily drills)**

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## GOAL SETTING

Performance goals should directly address the three main areas of improvement needed. You should set performance goals for each area of improvement and for each time frame of 3 months/6months/1year. Remember that the coach and player are in control as to whether or not performance goals are achieved and you should be able to answer yes or no as whether the goal was achieved in the time frame. Be sure to make your performance goals using S.M.A.R.T. guidelines.

### PERFORMANCE GOALS:

#### 3 MONTHS:

Priority One: \_\_\_\_\_

Priority Two: \_\_\_\_\_

Priority Three: \_\_\_\_\_

#### 6 MONTHS:

Priority One: \_\_\_\_\_

Priority Two: \_\_\_\_\_

Priority Three: \_\_\_\_\_

#### 1 YEAR:

Priority One: \_\_\_\_\_

Priority Two: \_\_\_\_\_

Priority Three: \_\_\_\_\_

### OUTCOME GOALS (RANKINGS/RESULTS):

3 Months: \_\_\_\_\_

6 Months: \_\_\_\_\_

1 Year: \_\_\_\_\_

Tracking/ Evaluation – Establish method for tracking performance (developmental) progress and outcome (ranking and results) progress.