

## Athlete profile

It's important for coaches and athletes to work together to develop a profile that identifies the key areas and behaviours the athlete needs to focus on to give them the best chance of being successful. The more responsibility the athlete can take to drive this process the better and below is a sample athlete profile to show you how to get started;

Athlete name			Date	
Focus	Planning	Assessing progress	Key behaviours review	Review
List the key areas you will focus on	Outline what you will do to develop each area	Outline how you will assess if you are making progress	Has the athlete consistently; <ol style="list-style-type: none"> <li>1. Embraced this challenge?</li> <li>2. Overcome any setbacks?</li> <li>3. Listened and learned from feedback?</li> <li>4. Taken ownership of their own development?</li> </ol>	Does the plan need to change?
<i>Non-linear speed</i>	<i>Detail the key movements and ensure they form a key part of every warm-up</i>	<i>Agility testing every 6 weeks</i>	<i>The athlete has been good in all areas</i>	
<i>Technique</i>	<i>Review video of elite performers to highlight effective long-term techniques and reinforce change takes time. Develop technical sessions that can be done at home/school to accelerate progress</i>	<i>Video assessment of competition performance</i>	<i>The athlete struggled to consistently embrace this technical change as performance dropped in the short-term</i>	
<i>Concentration</i>	<i>Develop some strategies <b>with</b> the athlete to allow them to stay focused in training - the athlete will arrange review meetings with the coach each week</i>	<i>Develop an athlete self-assessment scale</i>	<i>The athlete needs to take more responsibility to contribute to developing strategies and driving review meetings</i>	
<i>Tactical understanding</i>	<i>Ask the athlete to review key decisions made in elite competitions and develop a list of factors these decisions are based on</i>	<i>The athlete is taking increased responsibility in developing competition tactics</i>	<i>The athlete has been good in all areas</i>	

It's recommended that athlete profiles are reviewed every 4-6 weeks.