

KIM WATERS - PDP and Coach Handover Sheet

Player: Kim Waters

Age: U14–U15

Position: Forward (9)

PDP Length: 3 months

Level: Advanced / Academy

ELITE OBJECTIVE

To develop Kim into a proactive, unpredictable, high-impact forward capable of consistently winning 1v1 duels, creating space, and executing actions at high speed under pressure.

PERFORMANCE PROFILE

Strengths

- Strong technical base in possession
- Good link-up play
- Composed in attacking phases
- Capable of operating between lines

Limiting Factors

- Reactive movement (arrives late into actions)
- Predictable in 1v1 situations
- Limited use of weaker foot
- Inconsistent acceleration over first 5m
- Decision-making speed under pressure

FOUR CORNERS

1. TECHNICAL / TACTICAL (ATTACKING DOMINANCE)

1 1v1 MASTERY & DECISION-MAKING

Concept

Elite attackers dominate **1v1 “micro-battles”** repeatedly throughout a game

Targets

- Identify **isolation moments** early
- Recognise defender cues (balance, stance, distance)
- Decide quickly:
 - Dribble
 - Combine
 - Shoot

Key Detail

- Pre-scan to gather information before receiving
- Exploit defender imbalance
- Understand when 1v1 is the best option

Success Looks Like

- Higher 1v1 success rate
- More attacking actions per game
- Creates advantage situations

2 DRIBBLING & UNPREDICTABILITY

Concept

Dribbling combines **control, creativity, speed, and decision-making**

Targets

- Improve close control at speed
- Increase variation (feints, changes of pace)
- Use both feet to manipulate ball

Key Detail

- Change of pace = key separation tool
- Combine skill + decision (not skill for show)

Success Looks Like

- Beats defender in multiple ways
- Less predictable attacking profile

3 MOVEMENT & POSITIONAL AWARENESS

Concept

Great forwards don't chase the ball — they **arrive in the right space at the right time**

Targets

- Improve timing of runs
- Operate between defensive lines
- Create space before receiving

Key Detail

- Movement before ball arrives is critical
- Constant adjustment based on teammates/opponents

Success Looks Like

- Receives in better positions
- More goal-scoring opportunities

2. PHYSICAL (ELITE PERFORMANCE MECHANICS)

1 ACCELERATION & FIRST STEP

Targets

- Improve explosive 0–5m acceleration
- Win first movement vs defender

2 AGILITY (REACTIVE MOVEMENT)

Concept

Agility = **deceleration + redirection + reaction**

Targets

- Improve braking ability
- Improve direction changes under pressure
- React faster to external cues

Key Detail

- Efficient deceleration → faster re-acceleration
- Reactive agility separates elite attackers

Success Looks Like

- Creates separation quickly
- Maintains control under pressure

3. PSYCHOLOGICAL (ELITE PERFORMANCE MINDSET)

Key Traits

- Resilience after failure
- Confidence in decision-making
- Emotional control under pressure

Key Concepts

- Cognitive reframing (learn from mistakes)
- Self-efficacy drives attacking risk-taking
- Focus on process over outcome

Success Looks Like

- Continues to take risks after mistakes
- Maintains composure in key moments

4. SOCIAL (HIGH-LEVEL IMPACT)

Targets

- Lead attacking unit
- Communicate pressing triggers
- Influence teammates

Key Concepts

- Strong social environment improves performance and confidence

Success Looks Like

- Vocal leadership
- Drives attacking intensity

ELITE KPI DASHBOARD

Attacking Output

- 1v1 success rate
- Shots per game
- Goals / chances created

Movement

- Forward runs
- Box entries

Physical

- Sprint wins (0–5m)
- Direction change efficiency

Cognitive

- Scan frequency
- Decision speed



PERIODISATION STRUCTURE

- Weeks 1–3: 1v1 + dribbling
- Weeks 4–6: Movement + finishing
- Weeks 7–9: Agility + acceleration
- Weeks 10–12: Full game integration

KIM WATERS – COACH HANDOVER SHEET

Player Overview


Age: U14–U15

Position: Forward

Level: Advanced

COACH SUMMARY

Kim's ceiling is determined by:

 **Speed of thought + speed of movement**

Coaching Objective


Develop Kim into a forward who can **consistently create and exploit advantages** through movement, speed, and decision-making.

TRANSFORMATION

From:

 Reactive, predictable forward

To:

 **Explosive, intelligent, unpredictable attacker**

1. THE “WHAT” (ELITE PRIORITIES)

1v1 Dominance

- Identify isolation moments
- Beat defenders consistently

Movement & Positioning

- Create space before receiving
- Time runs effectively

Physical Output

- Improve explosive acceleration
- Improve agility under pressure

Decision-Making

- Faster attacking decisions
- Better action selection

2. THE “WHY”

- Games are made up of repeated **1v1 battles**
- Reactive players lose advantage
- Predictability reduces effectiveness
- Physical speed + cognitive speed define top players

3. THE “HOW” (ELITE COACHING INTERVENTIONS)

◇ 1v1 Isolation Games

Setup: Wide or central channels

Focus:

- Identify when to attack
- Exploit defender imbalance

Coaching Cues:

- 👉 “Is this your moment?”
- 👉 “Attack the weakness”

◇ Reactive Agility Training

Setup: Cones + coach signal

Focus:

- Deceleration + redirection
- Reaction speed

Coaching Cues:

- 👉 “Brake → explode”
- 👉 “React, don’t guess”

◇ Movement & Timing Drills

Setup: Pattern play / defenders

Focus:

- Double movements
- Run timing

Coaching Cues:

- 👉 “Arrive, don’t wait”
- 👉 “Lose your marker early”

◇ Dribbling Under Pressure**Setup:** Tight spaces / defenders**Focus:**

- Close control
- Change of pace

Coaching Cues:

- 👉 “Change speed to escape”
- 👉 “Be unpredictable”

4. THE “WHEN” (ELITE SESSION STRUCTURE)

- **Phase 1 (15 mins):** Physical (acceleration + agility)
- **Phase 2 (35 mins):** Technical/tactical (1v1 + movement)
- **Phase 3 (25 mins):** Game application (pressing + transitions)

 MATCH FOCUS

- Win attacking 1v1s
- Create goal-scoring chances
- Make proactive runs
- Increase action frequency

COACH NOTES

- Kim must become **proactive, not reactive**
- Emphasise:
 - speed of thought
 - speed of execution
- Build **unpredictability + explosiveness**

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Julie Ward: PDP & Coach Handover

This document outlines the 6-month development plan for Julie Ward. It is designed to transition her from a reactive player to a proactive defender who reads the game with composure and intent.

Part 1: The Player Development Plan (PDP)

Player Profile

Julie is a composed and brave defender who is comfortable using both feet in possession. While she has strong recovery speed over distance, her next stage of growth involves sharpening her immediate reactions and positional intelligence.

Core Objective

To develop Julie into a proactive, positionally aware defender who wins 1v1 duels through improved scanning, smarter decision-making, and refined agility.

The Four Corner Approach

- **Technical / Tactical (The 1v1 Micro-Battle):**
 - **Focus:** Improving timing and patience in defensive duels.
 - **Concept:** Use body positioning to force attackers away from the "danger zone" rather than rushing the challenge.
 - **Triggers:** Learning to engage when the attacker takes a heavy touch or loses balance.

- **Physical (Reactive Agility):**
 - **Focus:** Enhancing "braking" mechanics and change-of-direction speed.
 - **Concept:** Staying low and ready to react instantly to an attacker's movement.
 - **Success:** Faster adjustments during 1v1 scenarios and improved short-area recovery.

- **Psychological (Game Awareness):**
 - **Focus:** Moving from reacting to anticipating.
 - **Concept:** "Positional Awareness" means knowing where you are in relation to the ball, the opponent, and the space.
 - **Habit:** Consistent scanning before and during play to map the pitch.

- **Social (Unit Communication):**
 - **Focus:** Organizing the defensive line through early information.
 - **Concept:** Stronger teamwork is built when players support each other with clear, vocal cues.
 - **Success:** A more vocal presence and better overall team shape.

Weekly Target: *"Scan early, stay balanced, and react before the attacker."*

Part 2: Coach Handover Sheet

Coaching Objective

Focus on helping Julie control 1v1 situations by reading the game early, ensuring she doesn't fall into the trap of "ball-watching".

Field Interventions - The "How"

Area	Training Focus	Coaching Cues
1v1 Defending	Small channels; focus on delaying the attacker and timing the tackle.	<i>"Stay patient" / "Don't dive in".</i>
Agility & Reactions	Ladder and cone work to improve footwork and direction changes.	<i>"Stay light" / "React quickly".</i>
Awareness	Small-sided games with a condition to check shoulders before any action.	<i>"Where is your player?" / "Scan early".</i>
Communication	Unit play focusing on organizing teammates.	<i>"Talk early" / "Help your teammate".</i>

Session Structure

- **First 15 mins:** Agility, deceleration, and movement mechanics.
- **Middle 25 mins:** 1v1 duels paired with scanning requirements.
- **Final 20 mins:** Game-based scenarios to apply defensive principles under pressure.

Strategic Notes for the Coach

- **Prioritize Scanning:** Awareness is Julie's biggest growth lever; if she scans more, her timing and positioning will naturally improve.
- **Encourage Composure:** Remind her to focus on control and patience rather than rushing to win the ball immediately.
- **KPIs to Watch:** Track her 1v1 win rate, frequency of interceptions, and her vocal output during match play.

Bob Baker's Football Journey: U11 Development Plan

Bob's strong positivity and passion for the game lay excellent groundwork for his growth. Over the coming months, we want to help him build on his existing skills to become an even more confident forward.

What Bob is Doing Well

- **Great Attitude:** He shows up with a smile and really enjoys playing football.
- **Solid Ball Control:** He has a good natural touch and control of the ball.
- **Attacking Mindset:** He is always willing to move forward and take the game to the opposition.

Our Focus Areas (The "Four Corners")

We use a balanced approach to help Bob grow in four key areas:

1. **Skills on the Ball (Technical):** We are encouraging Bob to be braver in 1v1 situations and to start experimenting more with his weaker foot. We also want to help him "scan"—which just means looking around to see where teammates and space are before the ball reaches him.
2. **Movement & Fitness (Physical):** To help Bob navigate tight spaces, we will work on his **balance and turning** through fun agility games and movement drills.
3. **Confidence & Mindset (Psychological):** The main goal here is to keep Bob's **confidence high**. We want him to know it is okay to make mistakes and to keep trying no matter what.
4. **Teamwork & Communication (Social):** We are encouraging Bob to find his voice on the pitch, talking more to his teammates and learning how to work together as a unit.

Match Day Goals

To keep things simple and fun during games, we've given Bob three small targets to aim for:

- **Take someone on:** Try at least three 1v1 dribbles during the game.
- **Use the "other" foot:** Try to touch the ball with his weaker foot at least three times.
- **Have a go:** Aim to take at least one shot on goal in each half.

A Message for Bob

We want Bob to remember our most important team rule: **“Trying is more important than being perfect.”**

How you can help: At this age, the best support is **praising his effort** and encouraging him to be brave, even if a skill doesn't work out the first time.