



# Application of IPPs

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# What's an IPP?



- Individual Performance Plan
  - Skills: ball handling, shooting, closeouts, tough position
  - Concepts: off-ball screens, dribble hand-offs, ball screens, gets, movement principles
  - Physical fitness: strength, conditioning, injury rehab
  - Nutrition: habits, organization/preparation, journaling
  - Psychology: I'll leave this for Iz (:



# Why Use IPPs?



- Why did we start? COVID!
- Growth! We all want to improve
  - National Team is doing it, WNBA/NBA Teams are doing it; why not the rest of us?
  - Whatever your time-frame of coaching an athlete, the goal should always be that they are improving over that time-span; but how do you know if you aren't actively engaging in their development?



# Creating IPPs



- They need to fit your athlete and your program
  - What is actually reasonable to accomplish in the time you have with the resources you can use?
- A few thoughts to get you started:
  - Decide which realms of performance you want to focus on: be athlete-minded in this approach
  - Determine when and how you will incorporate this in your training plan
  - Communicate and record the plan so you can refer back and evaluate later



# Creating IPPs



- 'Vitamins' Approach

- Individual skill work that tends to get missed or pushed aside
- Positional
- Complementary

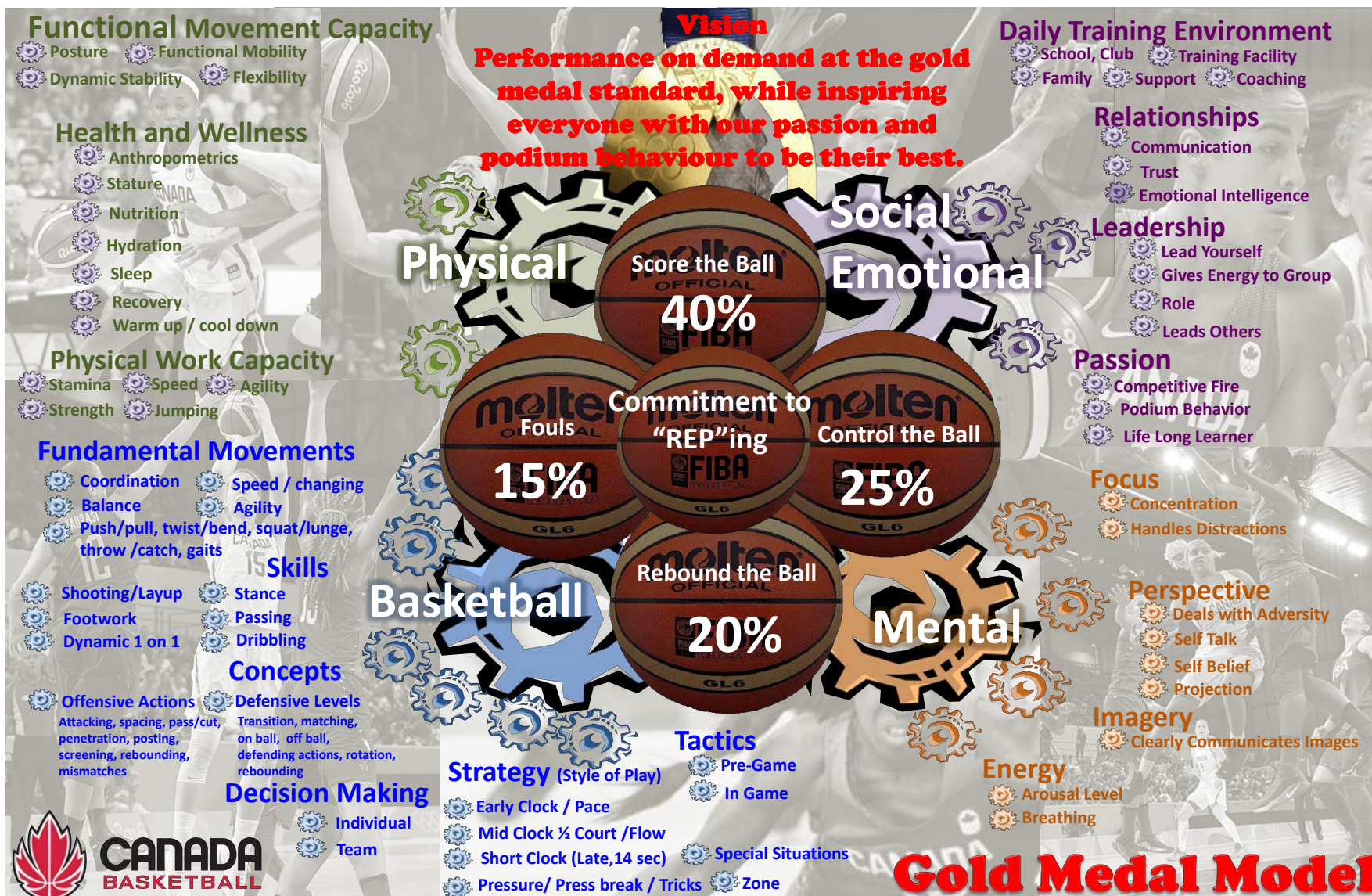


# Creating IPPs

- Gold Medal Model Approach
  - Athlete review
  - Athlete & Coach meeting
  - Prioritize items and put them into practice







# Creating IPPs



- Small Group Approach
  - Each athlete meets with the coach and they identify areas for improvement
  - Compiled in a document that both share access to and responsibility for
  - Working with 3-4 athletes on a single skill or concept; groups come from organizing the written IPPs





# Applying IPPs

- Take what others do and make it work for you!
  - There is no one-size fits all answer
- Has to be tailored to your situation and your people
- Try, fail, try again; we ask this of our athletes constantly

