

Individual Performance Plan (IPP-80)

Name:

Physical - Pillar No. 1

<u>Functional Movement Capacity</u>	<u>Rating / 10</u>	<u>Notes</u>
Posture	<input type="checkbox"/>	_____
Functional Mobility	<input type="checkbox"/>	_____
Dynamic Stability	<input type="checkbox"/>	_____
Flexibility	<input type="checkbox"/>	_____
 <u>Health & Wellness</u>		<u>Notes</u>
Anthropometrics (look it up)	<input type="checkbox"/>	_____
Stature	<input type="checkbox"/>	_____
Nutrition	<input type="checkbox"/>	_____
Hydration	<input type="checkbox"/>	_____
Sleep / Rest	<input type="checkbox"/>	_____
Recovery	<input type="checkbox"/>	_____
 <u>Physical Work Capacity</u>		<u>Notes</u>
Stamina	<input type="checkbox"/>	_____
Speed	<input type="checkbox"/>	_____
Strength	<input type="checkbox"/>	_____
Agility	<input type="checkbox"/>	_____
Jumping	<input type="checkbox"/>	_____

Basketball - Pillar No. 2

<u>Fundamental Movements</u>		<u>Notes</u>
Coordination	<input type="checkbox"/>	_____
Balance	<input type="checkbox"/>	_____
Speed / Changing Speed	<input type="checkbox"/>	_____
Agility	<input type="checkbox"/>	_____
 <u>Fundamental Skills</u>		<u>Notes</u>
Shooting / Layup	<input type="checkbox"/>	_____
Power Layup	<input type="checkbox"/>	_____
Attacking the Rim	<input type="checkbox"/>	_____
Footwork	<input type="checkbox"/>	_____
Dynamic 1on1	<input type="checkbox"/>	_____
Stance	<input type="checkbox"/>	_____
Passing	<input type="checkbox"/>	_____
Dribbling	<input type="checkbox"/>	_____
 <u>Offensive Concepts</u>		<u>Notes</u>
Attacking	<input type="checkbox"/>	_____
Spacing	<input type="checkbox"/>	_____
pass/cut/wait/fill	<input type="checkbox"/>	_____
Penetration	<input type="checkbox"/>	_____
Screening	<input type="checkbox"/>	_____
Rebounding	<input type="checkbox"/>	_____
Posting	<input type="checkbox"/>	_____
Communicates Clearly	<input type="checkbox"/>	_____
 <u>Defensive Concepts</u>		<u>Notes</u>
Transition	<input type="checkbox"/>	_____
Matching	<input type="checkbox"/>	_____
On Ball - D21 & D9	<input type="checkbox"/>	_____
Off Ball - help & rotate	<input type="checkbox"/>	_____
Rebounding	<input type="checkbox"/>	_____
Communicates Clearly	<input type="checkbox"/>	_____

Decision Making

Individual
Team

Notes

Tactics

Pre-Game
During
Post-Game - debrief

Notes

Strategy

Early Clock Pace
Mid Clock
Late Clock
Special Situations
Pressure / Press / Press Break
Zone Offense / Zone Defense
Explode / Explore / Execute
FLOW

Notes

Social & Emotional - Pillar No. 3

Daily Training Environment

School / Club
Facility
Family
Support
Coaching

Notes

Relationships

Communication
Trust

Notes

Leadership

Lead Yourself
Leads Others
Energy Giver
Energy Taker
Your Role

Notes

Passion

Competitive Fire
Podium Behavior
Champion Behaviour

Notes

Mental - Pillar No. 4

Focus

Concentration
Handles Distractions

Notes

Perspective

Deals with Adversity
Self Talk
Self Belief
Projection

Notes

Imagery

Clearly Communicates Images

Notes

Energy

Arousal Level
Breathing

Notes
