# DEVELOPMENT PLAN OF A YOUNG PLAYER

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| **Name:** |  |

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| **Participants of meeting:** |
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**Weekly schedule (week nr / dates Mon-Sun)**

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| Morning (6-9) |  |  |  |  |  |  |  |
| Before noon  (9-12) |  |  |  |  |  |  |  |
| Afternoon (12-17) |  |  |  |  |  |  |  |
| Evening (17-22) |  |  |  |  |  |  |  |

* Write down all activities (activity in school, training sessions in school, team training sessions etc.)
* What is the intensity level in each training session? 1-5 (1 very low, 2 low, 3 medium level, 4 high, 5 very high)

**Describe your strengths as a player and a person?**

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| **a. Player:** |
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| **b. Personality/Character:** |
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**How can you develop as player and person?**

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| **a. Player:** |
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| **b. Personality/Character:** |
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**What are your long term goals as a player and in work life in general?**

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| **a. Football career:** |
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| **b. Work life:** |
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**Which areas would you like to develop the most as a player in short term? Choose three (3) areas, with what you are willing to make extra effort!**

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| 1. |
| 2. |
| 3. |

**When and where are you going to work to develop in these areas?**

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| 1. |
| 2. |
| 3. |

**Instructions to the tutor of discussion:**

Consider these:

1. How many training sessions per week? Min 6 - max 10.
2. Intensity per day?
3. At least one (1) rest day per week.
4. No more than ten (10) training sessions per week, when a lot of games.
5. Max two (2) training sessions per day.
6. 75 % training sessions should be with the ball.
7. Sleep, nutrition, recovery?
8. Progressive development in exercises (amounts and intensity).
9. How the player manages the schedule/calendar, so one can combine school/studying with training and playing.

Date and place:

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Signatures (and clarifications of names) of participants:

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