

Player Profile

INSTRUCTION SHEET

This profile sheet is designed to help coaches and players work together to understand the athlete's strengths, areas for improvement, and future goals. It encourages open discussion, reflection, and planning to support both personal and team development throughout the season.

PURPOSE

The aim of this profile is to:

- Identify each player's **key skills, mindset, and positional strengths**.
- recognise **development areas** that can be targeted in training and match play.
- Set **clear short- and long-term goals** that align with the player's role and aspirations.
- Create an open line of communication between **coach and player**, building trust and accountability.

HOW TO USE

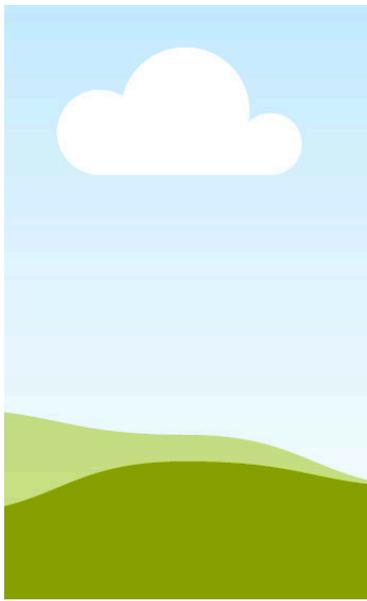
1. **Coach and Player Discussion:** Complete this form together early in the season (pre-season or first few rounds)
2. **SWOT Analysis:** Use the SWOT table to reflect on Strengths, Weaknesses, Opportunities, and Threats - Both on and off the court.
3. **Goal Setting:** Write measurable short- and long-term goals (SMART format recommended)
 - **Specific Measurable Achievable Relevant Time-bound**
4. **Coach Notes:** Record any coaching observations, agreed action steps, or follow-up focus areas.
5. **Mid/End-Season Review:** Revisit and update the sheet regularly to track progress and celebrate growth.

TIPS FOR COACHES

- Keep the conversation **player-led** > listen to how they perceive their game.
- Encourage honest self-assessment and focus on **growth, not perfection**.
- Use the insights here to tailor training sessions, feedback, and court time opportunities.
- Reinforce positive habits and mental skills, not just technical ability.

OUTCOME

By using this sheet consistently, coaches and players can build stronger communication, clearer direction, and more confident, self-aware athletes > setting the foundation for both **individual improvement and team success**.



TEAM:

NAME:

AGE:

POSITIONS:

S.W.O.T

Strength

Weaknesses

Opportunities

Threats

Long Term Goal

Short Term Goal

Coach Notes: