

Development Plan

This is what you intend to do from now to ensure that you make the improvements you identified for your leadership.

Aims and Objectives:

- To improve my leadership in order, lead a successful football session on passing
- To improve a specific aspect of my leadership: communication and organisation skills.

Goals:

- Improve my communication when leading by using more demonstrations to accompany my explanations.

SMARTER Targets:

- **Specific** – this is specific to my leadership as I have identified that communication is something that I need to work on.
- **Measurable** – filming myself leading/getting coaches to observe/recording self-evaluations to measure my progress.
- **Achievable** – I can achieve this target as I have the opportunity to easily improve my communication.
- **Realistic** – My target is realistic as I have the opportunity to come back after school or at my local club to practice leading.
- **Timed** – I will give myself 3/4/5/6 weeks to improve on this target.
- **Exciting** – Improving on my weakness will help because my sessions will become more exciting for participants. I enjoy leading so I am excited to improve.
- **Recorded** – I will keep a log book of all the sessions I lead and the feedback from the coaches who observe me coaching.

Activities and Opportunities:

- I can lead sessions at my school either in PE or after school clubs.
- I can lead at my local football club.
- I can observe coaches and PE teachers to see how they use communication and demonstrations.
- I can sign up to a workshop focusing on communication and/or coaching.

Possible Barriers:

- Cost of the workshops
- Access to facilities – e.g. how far away I live from the local football club.

The highlighted sections are what you need to change to suit ***your improvement.***