

Individual Player Development Framework



Individual Development Plans (IDPs)



Why are they important?

An **Individual Development Plan (IDP)** is a shared roadmap between the coach and player, built around clear goals, consistent feedback, and aligned to the team's game model.

We believe that the best clubs invest in **structured IDPs** for long-term player development, not just for their academy prospects, but for their first-team players too.

When executed well, IDPs can:

1

Bring clarity to a player's role and focus areas

2

Build accountability and long-term motivation

3

Help coaches evaluate development beyond match-days

4

Strengthen the link between team identity and individual growth

5

Add real value to players, both on the pitch and on the balance sheet

Linking game model to your players



How do you develop players within your shared vision?

Each club has its own unique philosophy. For example:

“ We want to play attractive football, building up from the back and exploring spaces and vulnerabilities within the opponent. Thinking forward is a priority so we can create overloads in attack. Losing the ball should result in pressing high to recover possession fast.

The above statement can be broken down into a game model framework that goes into great detail about how it will be implemented in each phase of the game.

But an important next step is to understand **how to develop your individual players within this team identity.**

It starts by identifying the qualities needed across the pitch to effectively execute this style in each of those phases. This is where IDPs can create clarity and alignment by linking the player role to the requirements of the team playing style.



Let's drill into the "ball playing right centre back" within this team.

Structuring the IDP for your ball playing RCB



Where do you start?

Its important not to over load the player with too much information. We have selected **Build up** and **Defending the box** as the two most vital phases for this position, and then drilled into 3 metrics per phase that are essential to successfully implement the role within the team philosophy.

The “**ball playing right centre back**” within this team will need to contribute to ball progression from deep, dominate his duels in the box and also protect the space in behind.




Making it measurable



How do you track what matters for each position?

To add structure to your IDPs, you need a flexible process that can capture the custom requirements of each player role. Below is an example using MyGamePlan's custom trackers.



 **Right Centre Back**
6 trackers

9.3

Build-up

Defending the box

Objective evaluation of KPIs throughout the season.

Define working points



How do you ensure positive repetition?

With the structure set, you can review performance and set working points to create a development cycle.

Improve overall game proficiency.

Individual

"Solid effort in improving overall skills, keep up the good work for team success."

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Maintain focus, stay composed

Psychology

"Impressive composure, stay focused in crucial moments – you're doing well!"

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Decision making when receiving the ball

Game

Take a moment to assess options before making choices, and trust your instincts. We believe in your ability to...

2 comments • last comment 3 days ago

A player needs absolute clarity before stepping onto the pitch.

So, it is critical to filter feedback down to only 2 or 3 clear, measurable working points per player, so they know exactly what to focus on.

These can be improvements to work on in training and adopt on the pitch, or strengths that need to be consistently repeated.

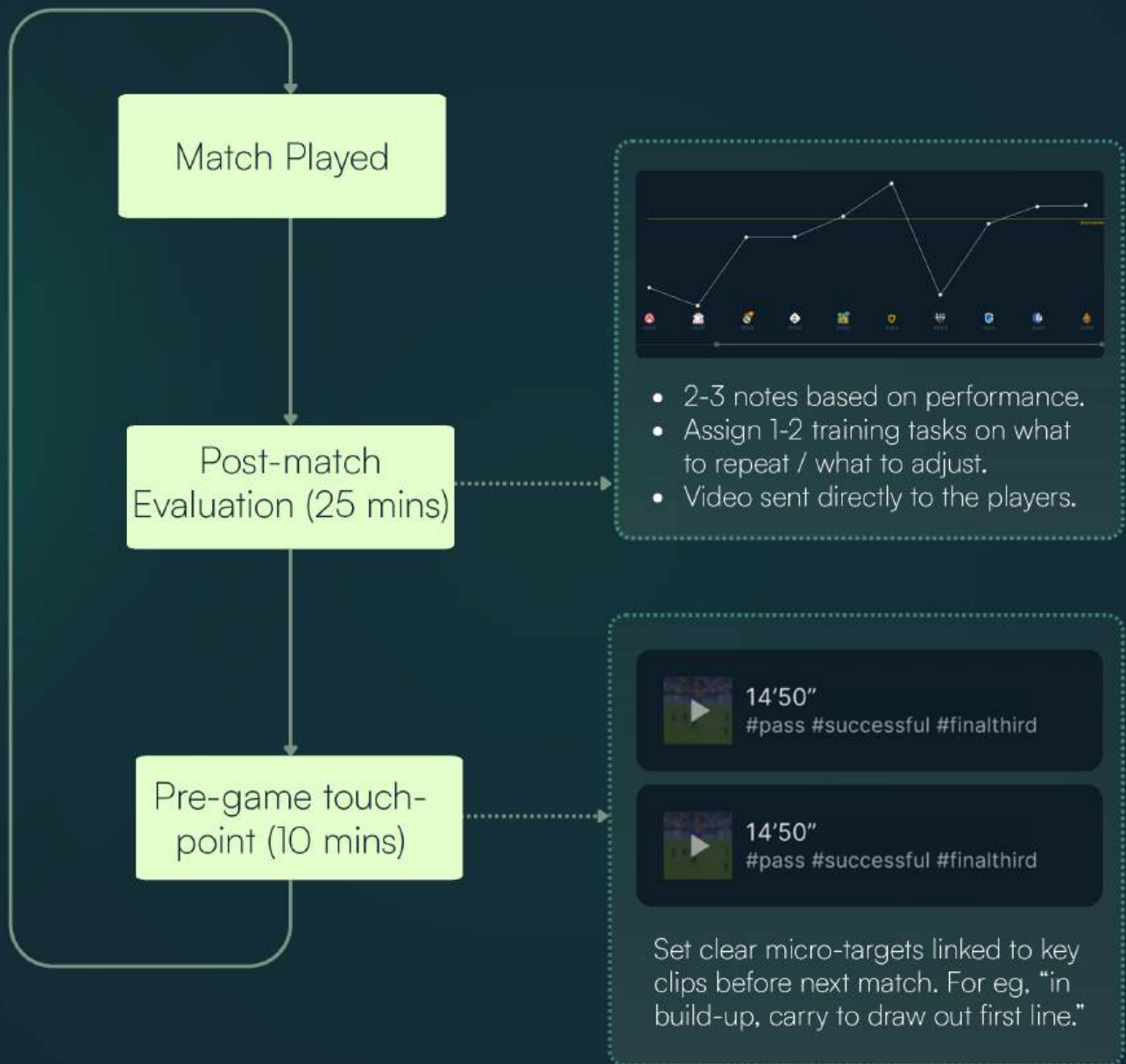
When a working point is linked to video and a defined target, the player sees exactly what "good" or "bad" looks like and how to act on it.

Weekly Evaluation



How do you keep development on track?

Post-match evaluation is translated into clear priorities for the player, and then carried into training and the next game.



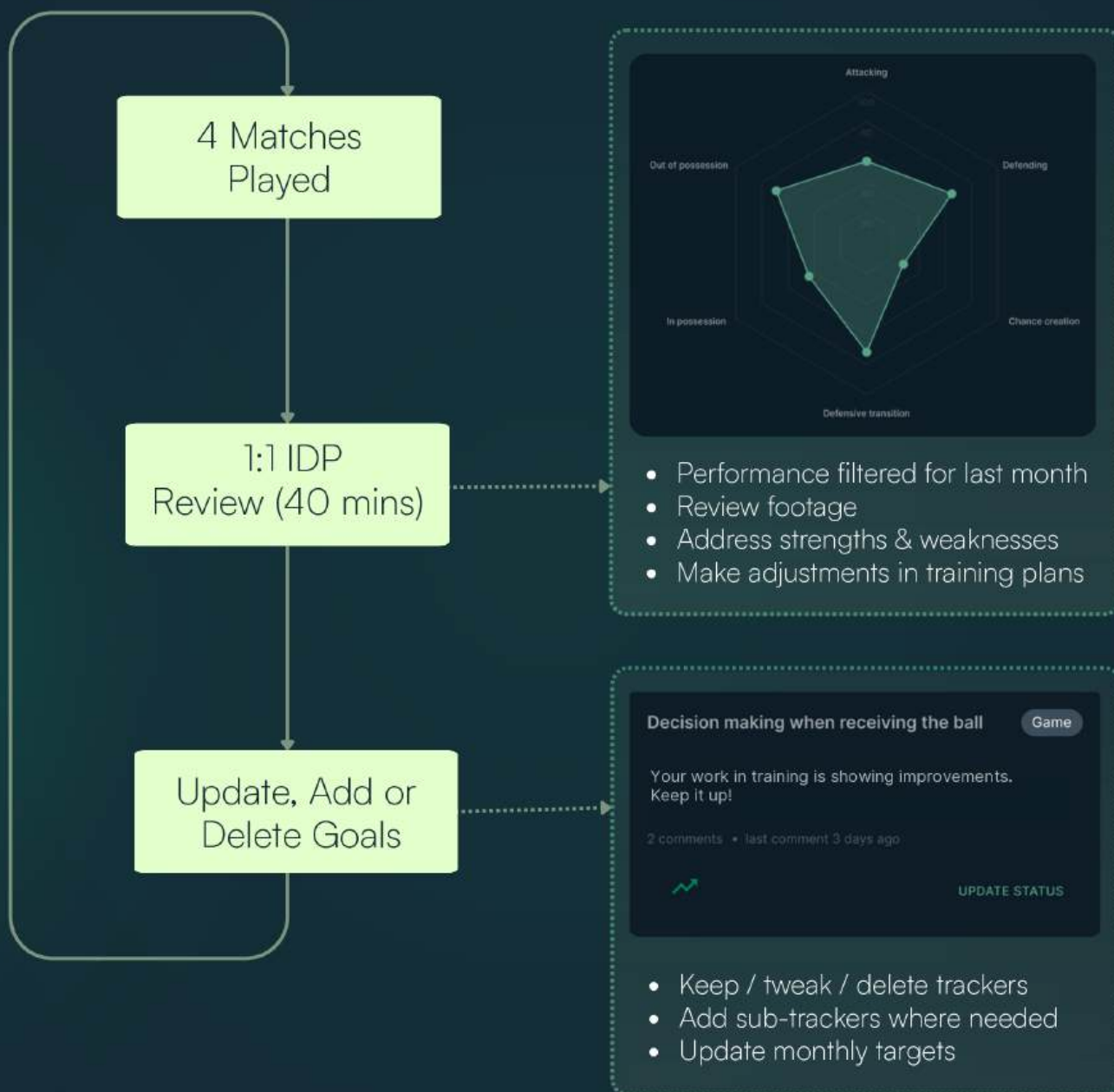
Because outcomes often depend on others, we credit the action: the timing of the run, the decision before the pass, the body shape on delivery.

Monthly Review



How do you maintain continuous progression?

Across the month, patterns on what is improving and what is stalling start to emerge, and are then translated into updates to the IDP.



Break down the metric that is underperforming over a few games. For example, if line-breaking passes are low, split them by location on the pitch, footedness, or pass length to isolate the issue.

Need help setting this up at your club?

Book a no-obligation call and we'll build a player profile in your own IDP environment.

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