

KELLY STANTON

Season: 2025/2026

TYPE: EEn071-03 **SPORT:** Soccer



PLAYER SILVER REPORT

Kelly's profile assessment results align most closely with the characteristics of an: **'ENGAGING ENTERTAINER'**. These players bring energy, creativity, and confidence to every session. They learn best through action, thrive on teamwork, and lift others with their enthusiasm. Quick to adapt and fearless under pressure, they turn challenges into excitement. Their spark, spontaneity, and passion make them the heartbeat of any team.

Prepared By:

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CHARACTER OVERVIEW:

Kelly is full of energy, enthusiasm, and life. She brings fun and excitement to training sessions and matches, often lifting the mood of those around her. She loves being part of a team and thrives when there's laughter, connection, and shared goals. Communication comes naturally, she expresses herself openly, often leading by example through her positivity and determination. Whether she's celebrating a goal or encouraging a teammate, she makes others feel valued and involved.

In games, Kelly performs best when she can express herself freely and play with instinct. She trusts her natural flair and creativity, often trying bold moves or quick passes that change the tempo of play. She enjoys the spotlight and tends to rise to the occasion when the crowd, coaches, or teammates are watching. Pressure doesn't usually scare her, it excites her. When the game gets intense, her confidence and spontaneity can inspire others to stay calm and focused.

Kelly responds best to coaches who bring energy, encouragement, and positivity. She likes being given the freedom to try things and learn through doing rather than through long explanations. Practical, high-tempo sessions with plenty of touches, challenges, and interaction suit her best. She appreciates honest feedback, especially when it's delivered with support and enthusiasm. If she feels trusted and valued, she'll give everything for her coach and her team.

Kelly works best in a team that feels like a family, where players communicate openly, celebrate small wins, and back each other up. She's a natural motivator who makes training enjoyable for everyone. When teammates are struggling, she often lifts them with humour, energy, or simple encouragement.

Setbacks hit Kelly hard at first because she cares deeply about being involved. Whether it's an injury or being left out of the starting lineup, she might show frustration or doubt early on. However, once she feels supported and connected to the team, she bounces back quickly. She learns best by staying active in her recovery, helping teammates, setting goals, and keeping spirits high.

Her playing style is expressive, fast, and instinctive, built on movement, creativity, and sharp reactions. She brings flair and unpredictability to the pitch, often turning tight moments into exciting chances. Her presence lifts others. When she plays with confidence and joy, she reminds everyone why the game should always be played with passion and freedom.

Key Words Summary:

Energetic: Kelly is full of energy on and off the field, always ready to take on challenges with enthusiasm.

Sociable: She enjoys being around her teammates and is quick to build relationships, bringing a lively presence to the group.

Practical: She learns best through hands-on experiences, preferring to get stuck in and figure things out through action.

Spontaneous: She is adaptable and quick to react in the moment, often making fast decisions based on what she sees and feels.

Resilient: She bounces back quickly from setbacks, whether it's an injury or a bad game, and keeps moving forward with determination.





PLAYER PERFORMANCE SUMMARY



Teamwork

They will be positive and enthusiastic team members who bring a sense of humour to training and prefer teams which are cooperative rather than competitive. They often see the talents that others can contribute to a team, and with their engaging enthusiasm, can get other people motivated to contribute.



Leadership

They are fun loving, friendly and engaging leaders, who are sensitive and concerned about the needs of others. Open minded and accepting they often find it hard to make challenging critical decisions and as players who enjoy interacting with teammates, they may look to avoid confrontation.



Coaching

Kelly will have limited attention for highly technical or analytical information, preferring the practical components of training—especially team-based drills and the chance to interact with her teammates. She learns in a hands-on, interactive, people-centred way and will understand tactics better when they're explained through real match scenarios.



Team Planning Meetings

The act of sitting and listening can be a major challenge for Kelly, so it helps to find ways to incorporate fun and action into activities that might feel slow or boring. Give her the opportunity to discuss new information—she'll enjoy interacting with her teammates—but be aware that she can be easily drawn off task to debate or argue points.



Dealing with Pressure

Under pressure, Kelly may act impulsively without much thought and can become very self-critical, especially if she feels she's let others down. Work with her to develop techniques that help focus her mind on the positive aspects of her performance. Use evidence, such as video or data, to reassure her of her value to the team.



Feedback & Instruction

Introduce activities that develop team spirit, such as a player 'huddle'. This will also provide an opportunity to reinforce key objectives. Although she can be adaptable and flexible, Kelly prefers simple instructions with clear competitive targets. She will respond well to regular positive feedback.



Injuries & Setbacks

Be aware that Kelly likes to be seen as tough and resilient, and she may try to mask injuries or play through pain. Keep an eye on her rehabilitation programmes—she might not always stick to set plans, as she's often eager to impress coaches by returning early. When she's recovering from injury, involve her with others wherever possible—she doesn't enjoy isolation.

...these players are more likely to



1. Bring energy and excitement to every session, lifting team spirit with their enthusiasm and optimism.
2. Learn and improve through hands-on experience, thriving when they can move, react, and experiment actively.
3. Build strong friendships quickly, creating a positive team atmosphere where everyone feels included and supported.
4. Communicate openly and emotionally, expressing encouragement, excitement, and care for their teammates.
5. Perform at their best in fast-paced, energetic environments that keep them fully engaged and involved.
6. Respond positively to encouragement and praise, feeling motivated when their energy and effort are recognised.
7. Act on instinct in competitive moments, trusting their natural reactions rather than overthinking decisions.
8. Bring fun, laughter, and personality to the group, making team activities feel enjoyable and connected.
9. Bounce back quickly after mistakes, keeping their focus on the next opportunity to contribute.
10. Lose focus during long talks or downtime, preferring active involvement and constant movement.
11. Recover from setbacks with the help of supportive teammates who keep them feeling valued and positive.
12. Shine when given freedom to express their creativity and natural flair in competitive situations.





MINDSET

Semi Fixed Mindset

Kelly is sometimes open to new experiences and challenges but may still fear failure or believe she has natural limits to her abilities. While she's willing to put in effort, she can hesitate to push beyond her comfort zone. At times, she might doubt her potential for significant growth, which can lead her to hold back when facing bigger challenges.



Semi-Fixed Mindset - Actions

To help Kelly improve her mindset, encourage her to reflect on past successes and connect them to the effort she put in. Start by setting small, manageable goals that gradually become more challenging, helping her see that growth is possible. Reinforce that mistakes are a natural part of learning and development. Over time, she'll become more comfortable embracing challenges as opportunities for improvement.



Most Challenging Scenarios:

Quiet or Slow Sessions

Kelly may lose focus when training feels slow or repetitive. Keeping the energy high, adding movement, and setting mini challenges will help her stay engaged and motivated to give her best effort.

Detailed Tactical Discussions

Long or complex explanations can cause Kelly's attention to drift. Using short, visual, and hands-on demonstrations will help her understand concepts quickly and stay involved in the learning process.

Limited Playing Time

Not being in the action can frustrate Kelly. Encouraging her to stay patient, remain positive, and find ways to contribute from the sidelines will help her feel valued and connected to the team.

Critical Feedback Moments

Kelly can take criticism personally. Balancing feedback with genuine encouragement and clear examples of improvement helps her learn without losing confidence or enthusiasm.

Recovering from Setbacks

Injuries or mistakes may knock Kelly's confidence. Keeping her active in team life and focusing on fun, achievable goals will help rebuild her belief and maintain her natural positivity.



Team Relationships that Stretch the Player:

Negative or Moody Teammates

Kelly may find it hard to stay upbeat around constant negativity. Keeping her own energy high and offering encouragement can help shift the team's mood in a positive direction.

Quiet or Reserved Teammates

She might struggle to connect with those who rarely speak up. Taking time to build trust through small conversations and shared experiences will help create stronger understanding and teamwork.

Overly Serious Teammates

Kelly can feel pressured by teammates who focus only on results. Balancing fun with focus and showing her commitment through effort helps her earn respect while keeping the team spirit alive.

Bossy or Controlling Teammates

Kelly may resist teammates who try to take charge of everything. Staying calm, communicating clearly, and focusing on cooperation rather than control will help her maintain harmony and a shared sense of purpose.

Unmotivated Teammates

She can become frustrated when others don't match her energy. Leading by example, keeping her enthusiasm high, and celebrating small wins will help motivate the group and keep everyone engaged.

Coaching Styles that Challenge the Player:

Overly Strict Coaches

Kelly may feel restricted by constant rules or harsh discipline. Balancing structure with encouragement and allowing room for creativity helps her stay motivated and express her natural energy positively.

Quiet or Distant Coaches

She can struggle when coaches seem unapproachable or unemotional. Building personal connections, showing enthusiasm, and communicating openly will keep her engaged and confident in her relationship with the coach.

Overly Analytical Coaches

Too much technical talk or theory can lose Kelly's attention. Mixing clear demonstrations with active practice helps her understand quickly and stay excited about learning new skills.

Negative or Critical Coaches

Constant criticism can hurt Kelly's confidence and enthusiasm. Balancing corrections with genuine praise and celebrating small successes helps her stay positive, motivated, and eager to improve.

Inconsistent Coaches

She can become confused or frustrated when expectations or messages change often. Keeping feedback consistent and providing clear routines gives her the stability she needs to perform and develop confidently.





ALL ABOUT ME - KELLY STANTON

I feel most alive when the atmosphere is buzzing. High energy and excitement bring out my best and help me stay fully focused on the moment.

I learn best by getting involved. The more I can move, try new things, and experiment during practice, the faster my confidence and skills grow.

I connect easily with teammates. I enjoy making people laugh, encouraging others, and creating a positive environment where everyone feels included and supported.

I perform well when I'm trusted to play freely. Having the space to make my own decisions helps me stay creative and confident under pressure.

I sometimes lose focus during long explanations. I prefer short, clear instructions and then the chance to show what I've learned through action.

I stay motivated when I feel valued. When coaches and teammates notice my energy and effort, it drives me to work even harder for the team.

I can take feedback personally at times. It helps when it's given positively, with clear ways I can improve while still feeling supported and understood.

I find it hard when the team energy feels low. I often take it upon myself to lift the mood and bring people together again.

I get frustrated if I'm not involved. Staying active and contributing in some way—on or off the field—helps me keep my energy and focus high.

I love big moments and challenges. Performing when the pressure is on gives me a buzz and reminds me why I love being part of a team.

Strengths:

- Energetic Leader:** I bring excitement and positivity that lifts the energy of everyone around me.
- Confident Performer:** I enjoy big moments and play my best when the pressure is on.
- Supportive Teammate:** I care about others and always look for ways to keep spirits high.
- Quick Learner:** I pick things up fast when I can get involved and try them out.
- Creative Thinker:** I enjoy finding new ways to solve problems and make training more fun.

Challenges:

- Easily Distracted:** I sometimes lose focus when things slow down or feel repetitive.
- Emotionally Driven:** I can take feedback personally when I care deeply about my performance.
- Impatient Listener:** I find long explanations difficult and prefer to learn through doing.
- Restless Worker:** I struggle to sit still for too long and like to stay active.
- Confidence Swings:** I can doubt myself if I don't feel supported or trusted by others.



Player Development Summary Sheet



Balancing School and Sport:

Kelly often gets caught up in the excitement of sport, sometimes leaving schoolwork until the last minute—especially when training or matches feel more fun and rewarding.

Tips

- Help her plan study time around training commitments.
- Reward effort equally in both school and sport performance.
- Encourage short, focused study sessions after active breaks.



Coach - Athlete Relationship:

Kelly values strong, friendly connections with her coach and responds best when communication feels warm, encouraging, and full of energy rather than distant or overly serious.

Tips

- Show genuine interest in her life beyond the sport.
- Use praise and humour to keep communication open.
- Be supportive but set clear, positive boundaries early.



Commitment and Personal Organisation:

Kelly can lose focus on long-term goals when something new or exciting comes along, and she may need reminders to stay consistent with routines, preparation, and her personal responsibilities.

Tips

- Set small, short-term targets to keep her motivation high.
- Use checklists to track her training and equipment preparation.
- Celebrate progress regularly to reinforce consistent habits.



Emotional Regulation & Support:

Kelly feels emotions deeply and can shift quickly from excitement to frustration, especially after mistakes or tough feedback. She benefits from calm guidance to help her regain focus and confidence.

Tips

- Teach her breathing or short reset routines to use after setbacks.
- Offer quick, positive encouragement after emotional moments.
- Praise her calm reactions to mistakes during training and games.



Learning and Development:

Kelly learns best through doing and experimenting, enjoying fun, active challenges more than long explanations. She remembers lessons most effectively when activities are varied and linked to real experiences.

Tips

- Keep her learning practical and full of movement.
- Use demonstrations before detailed explanations.
- Give immediate feedback while she's still engaged.



Lifestyle and Wellbeing:

Kelly loves socialising and excitement, but she can sometimes neglect rest, nutrition, or recovery, which can affect her focus, energy, and consistency both in training and daily life.

Tips

- Encourage balance between activity, rest, and social time.
- Discuss how good sleep supports better performance.
- Set small, weekly goals to build healthy routines.



Match Preparation:

Kelly relies on energy and confidence before games, enjoying upbeat routines, lively music, and encouragement that builds belief rather than pressure or overthinking.

Tips

- Create a fun, energising pre-match atmosphere.
- Use brief, positive reminders instead of long talks.
- Reinforce her confidence through warm, encouraging words.



Mindset and Attitude:

Kelly stays positive when she's enjoying herself but can lose drive when she feels bored or criticised. She needs excitement, support, and visible progress to maintain her enthusiasm and focus.

Tips

- Keep sessions dynamic with fresh challenges.
- Acknowledge her effort and personal improvement often.
- Avoid harsh criticism—redirect her energy through encouragement.



Post Match:

Kelly reacts emotionally to wins and losses, celebrating loudly when she's successful but feeling disappointed or quiet after defeat. She benefits from balance and perspective to learn from both outcomes.

Tips

- Praise her effort and highlight positives after every game.
- Help her reflect briefly before moving on.
- Keep post-match chats upbeat and constructive.



Response to Change:

Kelly adapts quickly when she's excited by new opportunities but can resist change if it feels sudden or uncertain. She responds best when change is explained clearly and approached with enthusiasm.

Tips

- Present change as an exciting new challenge.
- Involve her in decisions when possible.
- Keep instructions short, clear, and forward-looking.





Coaches Guidance Summary Sheet

Before the Game



- Keep team talks short and upbeat.
- Use music or fun warm-ups.
- Reinforce belief with positive words.

When things go wrong



- Stay calm and supportive in tone.
- Focus on solutions, not mistakes.
- Help them reset confidence quickly.

Coaching Sessions.



- Make activities energetic and fast-moving.
- Encourage learning through doing, not talking.
- Give frequent, lively positive feedback.

Best Players to work With



- Pair with teammates who share energy.
- Match them with positive communicators.
- Avoid overly critical or quiet partners.

During the Game



- Keep sideline instructions short and clear.
- Encourage with gestures and positivity.
- Help them channel energy productively.

Situations that will be Tough



- Sitting still for long periods.
- Cold or emotionless coach feedback.
- Repetitive drills without team energy.

Delivering Tactics



- Show tactics through quick demos.
- Keep explanations short and lively.
- Let them practise with teammates.

Visual Warning Signs



- Energy turns restless or unfocused.
- Becomes overly playful or distracted.
- Suddenly quiet or avoids eye contact.

Half Time Team Talks



- Start with high energy encouragement.
- Use humour to lift team mood.
- Give one or two clear instructions.

Best ways to motivate



- Praise effort and positive energy.
- Let them lead warm-up activities.
- Show genuine belief and excitement.



Do's

1. **Do build energy into every session:** Kelly learns best when training feels lively, social, and full of movement.
2. **Do give feedback with positivity and warmth:** She responds strongly to encouragement that feels genuine and enthusiastic.
3. **Do connect personally before coaching deeply:** Kelly performs better when she feels liked, supported, and understood first.



Don'ts

1. **Don't overload her with complex instructions:** Too much detail at once quickly reduces Kelly's focus and motivation.
2. **Avoid negative tones or public criticism:** She's sensitive to tone and can lose confidence after harsh comments.
3. **Don't make training overly serious or repetitive:** Kelly thrives on variety, fun challenges, and feeling emotionally engaged throughout.



Parental Guidance

Coping with Criticism and Feedback

- Focus on what went well first.
- Keep feedback short, clear, and kind.
- Encourage learning instead of blaming mistakes.

Game Day Preparation & Communication

- Keep pre-game chats light and positive.
- Avoid overloading them with instructions.
- Help them stick to familiar routines.

Managing Nerves and Expectations

- Remind them to enjoy the moment.
- Use calm tones before big games.
- Praise effort, not just performance results.

Peer Pressure and Conflict at Home

- Listen calmly before giving advice.
- Guide them toward positive friendships.
- Model patience during heated moments.

Post-Game Conversations

- Celebrate small wins and effort shown.
- Let them share feelings first.
- Keep talk relaxed and encouraging.



Do's

- 1. Do encourage enthusiasm through shared experiences:** Kelly bonds deeply when her parents join in activities, conversations, or celebrate small wins together.
- 2. Do guide with warmth and humour:** She responds best to calm, light-hearted guidance that keeps the atmosphere supportive and positive.
- 3. Do help her reflect positively:** Kelly learns more when she's gently encouraged to think about what went well and why.

Key Support Strategies :

- 1. Keep home routines flexible but consistent:** Kelly feels secure when structure exists but enjoys some freedom to make personal choices each day.
- 2. Encourage motivation through fun challenges:** She responds best when tasks feel exciting, creative, and full of friendly energy or rewards.
- 3. Promote independence with gentle reminders:** Kelly likes responsibility but sometimes needs light prompts to stay organised and finish tasks.
- 4. Handle mistakes with calm reassurance:** She can take errors personally, so focus on learning rather than pointing out faults.
- 5. Balance sport and life evenly:** Kelly can become absorbed in her sport, so help her make time for friends and relaxation.
- 6. Build confidence through praise and laughter:** She thrives when recognised for her effort and loves the positive energy shared at home.
- 7. Offer emotional support through listening:** Kelly opens up more when her parents listen first without quick advice or judgement.
- 8. Encourage healthy habits subtly:** She may overlook sleep or nutrition, so guide her choices without sounding controlling or strict.
- 9. Support calmly from the sideline:** Kelly plays best when she senses encouragement, not pressure, from her family during games.
- 10. Keep journeys home light and positive:** She often replays moments emotionally, so steer conversations toward fun or future goals.



Don'ts

- 1. Don't criticise her in front of others:** Kelly is sensitive to embarrassment and can shut down quickly when publicly corrected.
- 2. Avoid turning pressure into lectures:** Long, serious talks can overwhelm her—keep messages short, kind, and encouraging instead.
- 3. Don't dismiss her emotions or excitement:** She needs her feelings validated before she can listen or calm down.

SAMPLE



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