

VSA Journals

REFLECTION - ANALYSIS - GROWTH



OBJECTIVE



VSA will be using Journals to progress each players development on and off the field. We will use the following topics/tools to assist in the growth of our U11-U16 players:

- Match Analysis
- Game Day and Training Goals & Reflection
- Monthly Self Growth Topics
- Positive Self Talk
- Individual Development Plan Tracking



Monthly Self Growth Topics

August - **Goals Setting**

September - **Self Confidence (use of positive imagery)**

October - **Mindset (Weak vs. Strong Brain)**

November - **Self Reflection**

December & January - **Goal Setting**

February - **Goal Setting (IDP Specific)**

March - **Managing Anxiety**

April - **Emotional Control**



***DOC will email task and discuss during club concept night**

IDP's



VSA's Individual Development Plan program is designed for each player and their specific needs for continued growth on and off the field. VSA staff will meet with players no less than 3 times during the 23-24 season. The process enables players to develop and grow both on and off the field. This also holds the individual accountable by following through with action plans created by the player and monitored by the VSA staff.

IDP 1: August/September

IDP 2: November/December

IDP3 : February/March

