

IDP: fictional worked example

Entirely invented illustration. Not a real player, assessment, recommendation, or outcome.

Player direction & context

Start with what the player wants. Use an age band, not a date of birth; no name or contact details are needed.

Age-stage / age band

For example: U10, U14, or adult. Consider experience and growth as well as age.

U14; developing experience in 11-a-side soccer.

Playing context & role

Position or roles, playing format, experience, and team setting. Avoid identifying details.

Community team; rotates between wide midfield and fullback. Two team sessions and a weekend match; no added testing planned.

Plan date

When did you make this plan?

October 2, 2026

Player-owned goal

In the player's words: what would you like to improve, contribute, or enjoy over the next few weeks?

I want to feel more comfortable receiving a pass and finding a useful next option.

Assessment: what do we actually know?

Keep each source separate. Include its date, setting, who observed it, and what remains uncertain. Write "Not available" when evidence is missing; that is not a weakness or a zero.

Technical practice evidence

Date + task/setup + observed strength or behavior + source + uncertainty. Practice success alone does not prove match transfer.

September 29, 2026: in a paired receiving practice, the fictional player moved the first touch toward open space when the partner's pressure was light (coach observation). Encouraging practice behavior; the setup did not reproduce match pressure.

IDP: fictional worked example

FICTIONAL EXAMPLE - invented illustration, not a real assessment or outcome.

Assessment: what do we actually know? (continued)

Match observations

Date + role/phase + specific observable moment + source + uncertainty. Do not infer exact gaze, intent, or blame from a clip.

September 27, 2026: one short wide-midfield clip showed a first touch toward the touchline followed by a return pass (shared clip observation). One moment only; off-camera options and the player's intended choice are unknown.

Repeatable physical measurements (optional)

If already available: date, result/units, protocol, conditions, and source. Compare only the same test and setup. Not a medical assessment or an age benchmark; no testing is required.

Not available. No comparable physical test has been recorded. This focus does not need a new fitness test.

Player reflection

Date + what felt useful, enjoyable, or difficult, in the player's words. Reflection is not a performance measurement or a mental-health assessment.

October 2, 2026: "I like receiving when I have a bit of space. I feel rushed when someone is close." Fictional player reflection, not an objective measure.

One priority & a practical action

Choose one current focus together. Fit the action around team training, matches, recovery, and enjoyment; this worksheet does not prescribe training volume.

One current development priority

Choose one specific behavior connected to the player's goal, not a list of weaknesses.

Practice a first touch toward available space before choosing the next pass.

Why this priority? What is still unknown?

Point to dated evidence above. If it is limited, call this a provisional focus and say what you need to observe.

The September 29 practice gives a starting strength; the September 27 clip and October 2 reflection suggest a useful question to explore. Provisional focus: we do not yet know whether this is a consistent match pattern.

IDP: fictional worked example

FICTIONAL EXAMPLE - invented illustration, not a real assessment or outcome.

One priority & a practical action (continued)

Practical next action & support

What will you do, when, and with whose support? Agree a manageable opportunity with a trusted coach/adult; protect recovery and stop if there is pain.

Ask the coach to include a supported receiving activity at the next team session and agree an appropriate amount there. A partner can vary the direction of light pressure. Keep the normal schedule; no extra session is required.

What will we look for in play?

Name an observable behavior in a relevant game or training situation. Do not promise a roster outcome or turn it into a player grade.

In a relevant receiving moment, note whether space was available, where the first touch went, and which next option the player chose. A safe return pass can be useful too; do not assume forward is always best.

Review & adjust

Compare like with like. Ask the player what helped, then keep, adapt, or pause the priority. A changed role or limited evidence can mean the plan needs to change.

Review date & evidence to bring

Agree a date, who will help, and comparable observations to revisit. Younger players can answer with a trusted adult.

October 16, 2026, with a trusted coach/adult. Bring a similar practice observation and, if available, a relevant match clip with dates and context. Ask how the action felt.

At the review: keep, adapt, or pause?

Leave blank until review. Record dated evidence, the player's view, limitations, and the agreed next step. Do not claim improvement without comparable evidence.

Not yet reviewed. No improvement or result is claimed. At review, decide together whether to keep, adapt, or pause the focus; note if comparable evidence is still missing.

IDP: fictional worked example

FICTIONAL EXAMPLE - invented illustration, not a real assessment or outcome.

Source notes & boundaries

Prepared by LevelUp Editorial as an original planning aid, using the goal-evidence-action-review approach explained in our IDP, PDP, and club IDP guides. It is not a validated test, medical assessment, player rating, or recruiting prediction. The worked example is entirely fictional.

Source guides: [/learn/individual-development-plan-soccer](#); [/learn/player-development-plan-soccer](#); [/learn/club-individual-development-plans-soccer](#).
Read online at [/tools/idp-template](#) on the LevelUp website.

Optional: explore LevelUp 360 for an ongoing development process. This worksheet does not import into an account. Store and share your completed copy privately.