



COACH

Connect

SOUTH WEST SYDNEY ACADEMY OF SPORT

SWSAAS

Youth • Sport • Excellence • Community

Providing Athlete Feedback

2024-2025



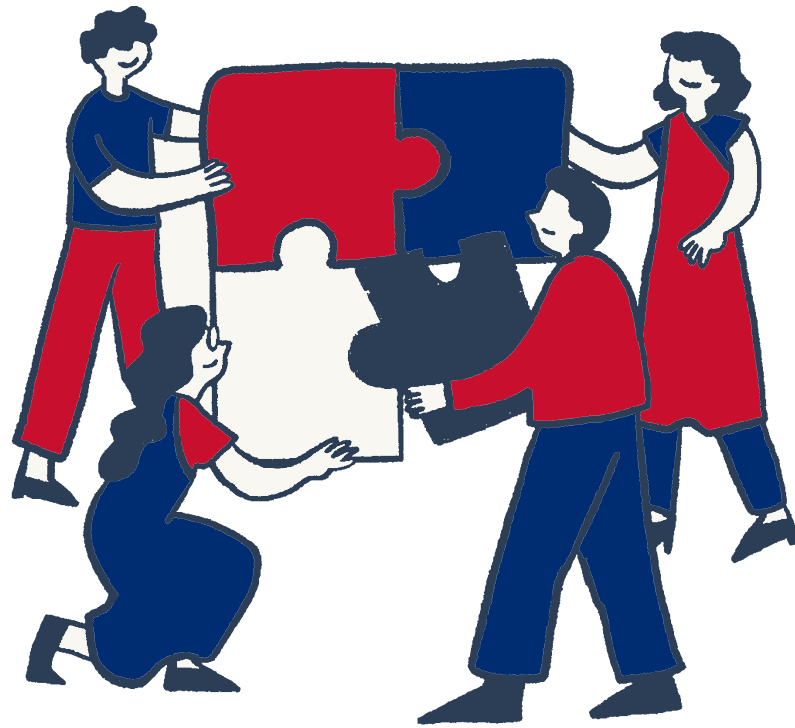
Acknowledgement of Country

The land on which the South West Sydney Academy of Sport is located, and where our athletes train and compete is the traditional land of the Dharawal people.

The South West Sydney Academy of Sport acknowledges the Traditional owners of Country and recognise their continuing connection to land, waters and culture.

We pay our respects to their Elders past, present and emerging.

#wearesouthwestsydney



linktr.ee/swsascoach

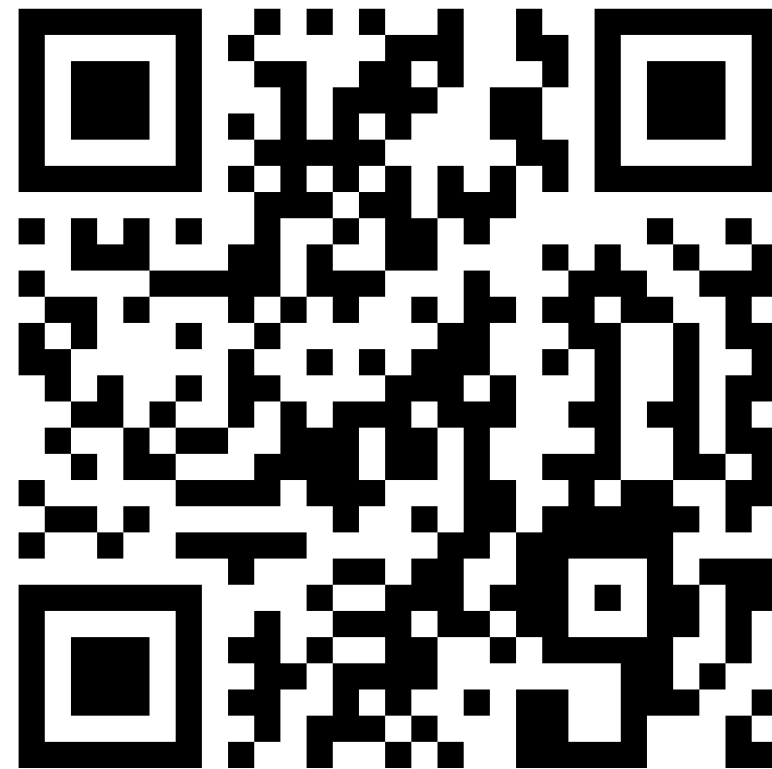
Dedicated Coach Network Resource "App"

Online Forms

Guidelines and Manuals

Templates

Education and Resources



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The Line Up

2024

Sep 9: What We Look For - Athlete Selections and Criteria

Oct 14: Program Planning, Team Building and Camps

**Nov 11: Providing Athlete Feedback -
Individual Performance Plans**

Dec 9: Stay Fit over Summer - Holiday Programs and Communication

2025

Jan 13: Reset and Refresh - Mind and Body Ready for the Year Ahead

Feb 10: Competing Schedules - Load Management Considerations

Mar 10: Maximising Time and Effort - Use of Technology

Apr 14: Defining Success - Post Performance Evaluations

May 12: The Run Home - Peaking Your Program Outcomes



Online Zoom

6:30pm

Second Monday of every month

COACH Connect

Do you get your athletes to ask these questions of themselves?

What are the performance goals?

What do you need to achieve your performance goals?

Who are the critical people that will help you achieve your performance goals?

How will you ensure the things identified in the plan happen?

How will you know that you are on track to achieve your performance goal?

What are the risks to you achieving your performance goals?



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Did you know
that an IAPOP
can help?

What is an IAPP?



**Individual
Athlete
Performance
Plan**





- Focuses on individual skill development
- Provide athletes with clear performance goals across technical, tactical, physiological, and psychological aspects of their sport; that is SPECIFIC to them.
- provides the map for the individual to achieve these goals

T2 Athlete IAPP

Athlete Info

Name:		Coach:	
Date:		Program:	

Performance Goal

Performance goal 1	Ability to Rank		
Performance goal 2			

Sports Specific attributes

	Performance in testing:	Review	Actions to improve performance
Physical	Speed - 5m, 10m, 20m sprint	0	
	Agility - 5 O 5	0	
	Lower Body Power - Vertical jump	0	
	Aerobic - Yo Yo	0	
	Strength	0	
Consistent execution of:			
Technical	Movement skills	7	
	Ball skills	7	
	Attacking skills	5	
	Defending skills	7	
	Positional specific skills	6	
Ability to implement:			
Tactical	Attacking strategies	5	
	Defensive strategies	7	
	Game plans	5	

components

Talent Behaviour Attributes

	Display sport performance traits:		
Psychological	Coachable	7	
	Determined	7	
	Motivated	5	
	Adapt behaviour to improve performance:		
Emerging Talent Behaviour	injury management protocols	5	
	Team Player	6	
	Display leadership qualities	6-Jan	
	Athlete performance review criteria		
10 - 9	Excelling		
8 - 7	Performing strongly		
6 - 5	Progressing		
4 - 3	Underperforming		

Date of Review: _____

Review Date

Explanation of Ranking System



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what makes a great IAPP?

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M

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A

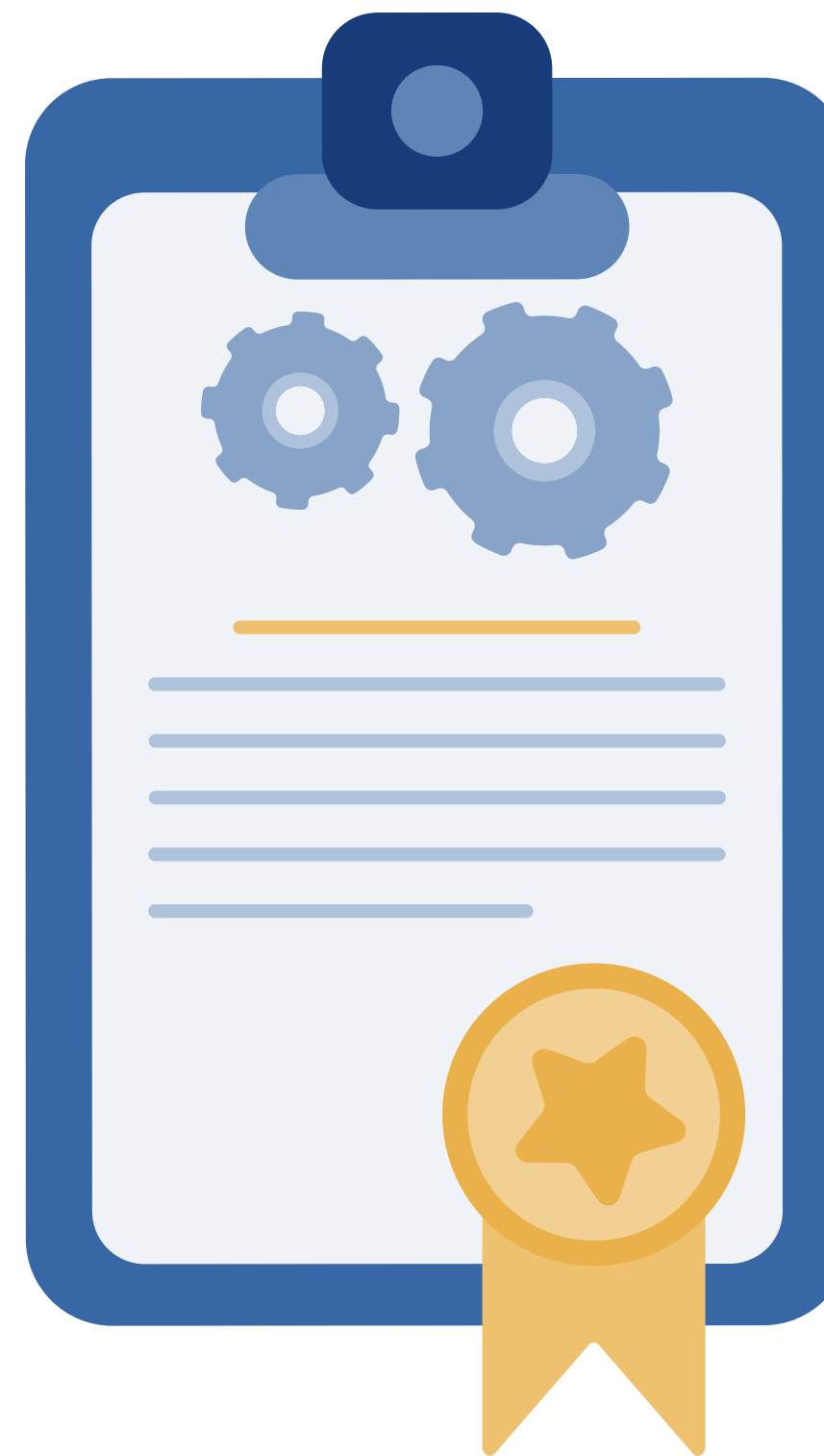
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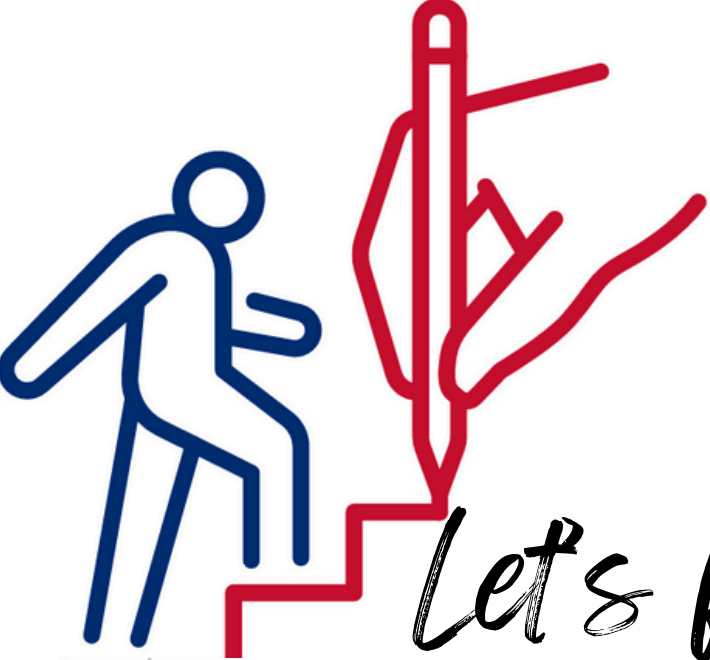
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T

ailored to the athlete



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Let's focus on...

The Action Plan

GAPS IN DEVELOPMENT - RACE SPECIFIC

PLAN				REVIEWS
What do I need to Change / Improve	Measure	People/Resources	Timeline & Review Date	Comments / Evaluation
Pacing particularly run	5k time and splits		mid 2024	good progress, continues to work on race pacing
Open water swim inc drafting, sighting	Straight line and hold feet whilst drafting, no interruption to stroke with sighting		mid 2024	good progress, continues to work on skills, need more open water training
Bike strength/power inc power balance	Bike data inc power		mid 2024	good progress, continues to work on race pacing, working to overcome/manage R/L power imbalance, VIS critical power test
Tactical approach	Assess race course/environment, feedback, race application			
Safe and generate power and speed in aero on bike	Data and			
PLAN				
What do I need to Change / Improve	Current	Target	Review Date	Rating
Nutrition on point	Good b trainin			3
Carefully adhere to program session prescription	Good b			3
Mental strength/resilience	Good b progre			3
S&C progression including mobility	Good b			3
International classification	Aligne			4
PLAN				
What do I need to Change / Improve	Current	Target	Review Date	Rating
Media skills	Good k			2
Leadership skills developing	Very g			3
Schooling a priority	Good b			3
Self management/time management skills	Very g			3

- What do I need to change/improve
- Measure
- People/Resources
- Review date
- Comments

..an alternative Action Plan Approach



Stop



Start

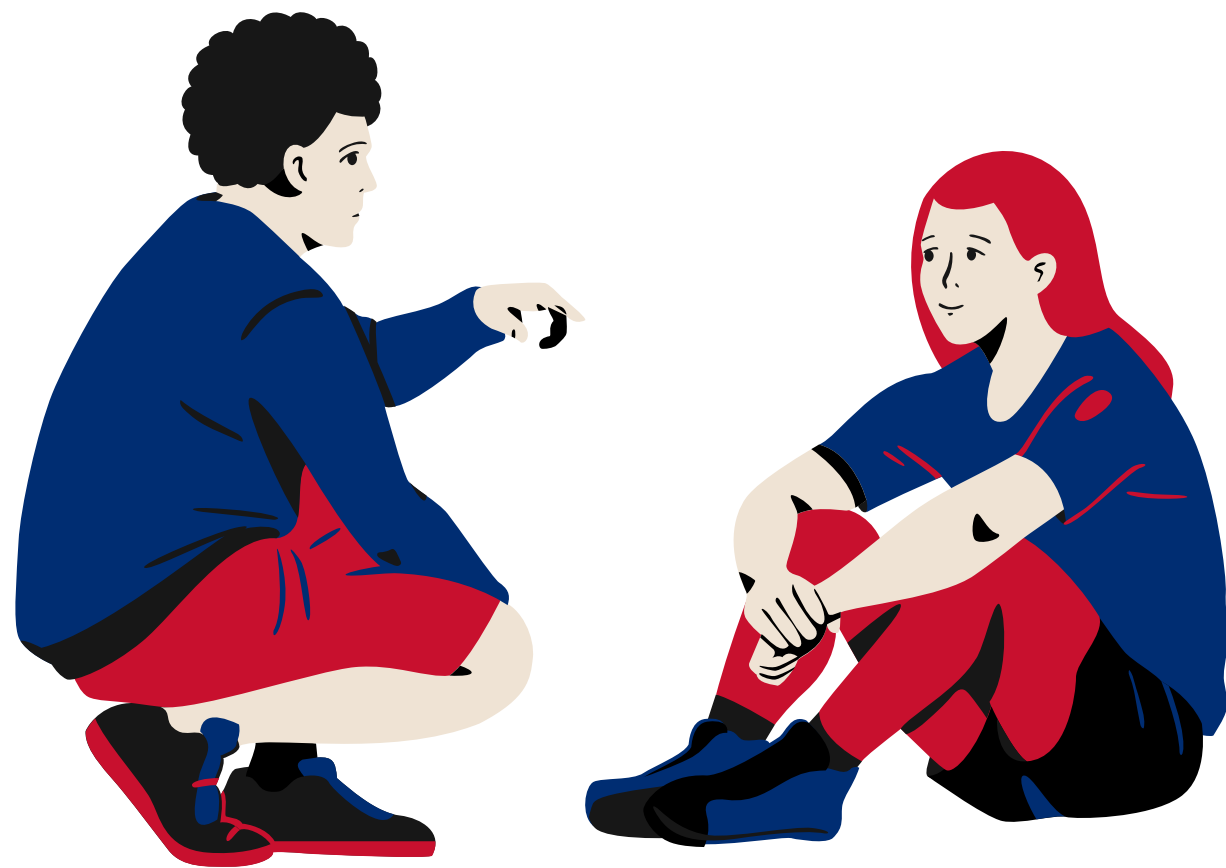


Keep

How do I implement IAAPPs when I have a squad of athletes???

when they don't see it
the way I do....

when this is my volunteer role?



that I don't see often...

when I have all
these other components
to use our face to face
time for...

Implement a training journal/reflection process to increase frequency and improve quality of reflection skills

Expose athletes to tasks like 'stop, start, keep' on a regular basis

Use technology! (e.g. shared excel docs between athlete & staff, shared google doc/microsoft loop, training diary)

Split bigger squads up to smaller "check-in" groups, split between your staff to manage

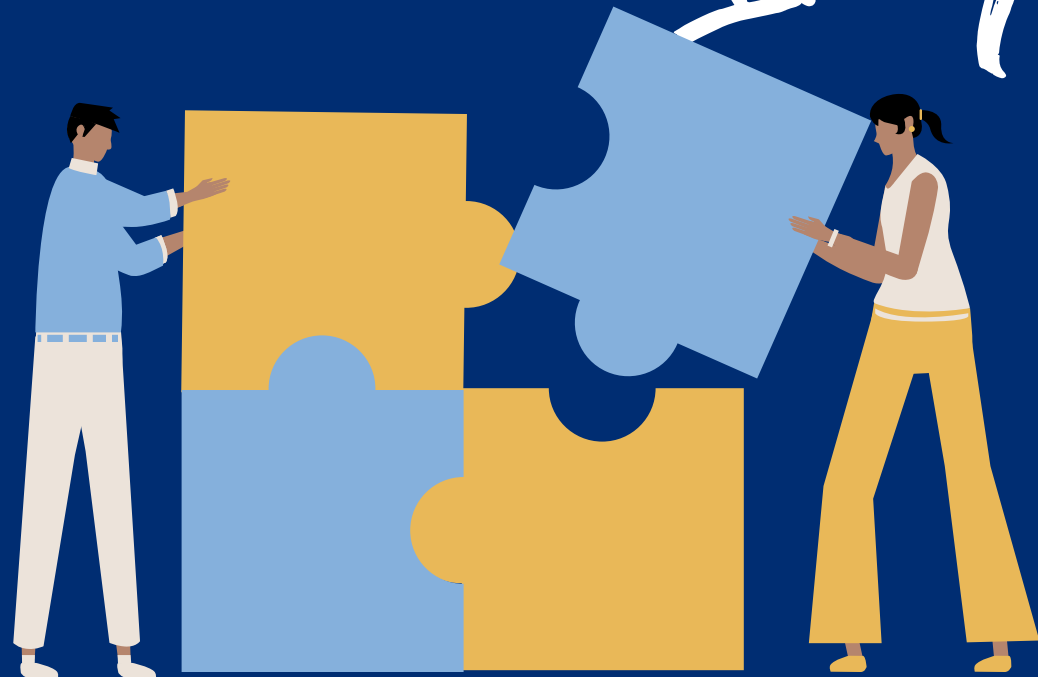
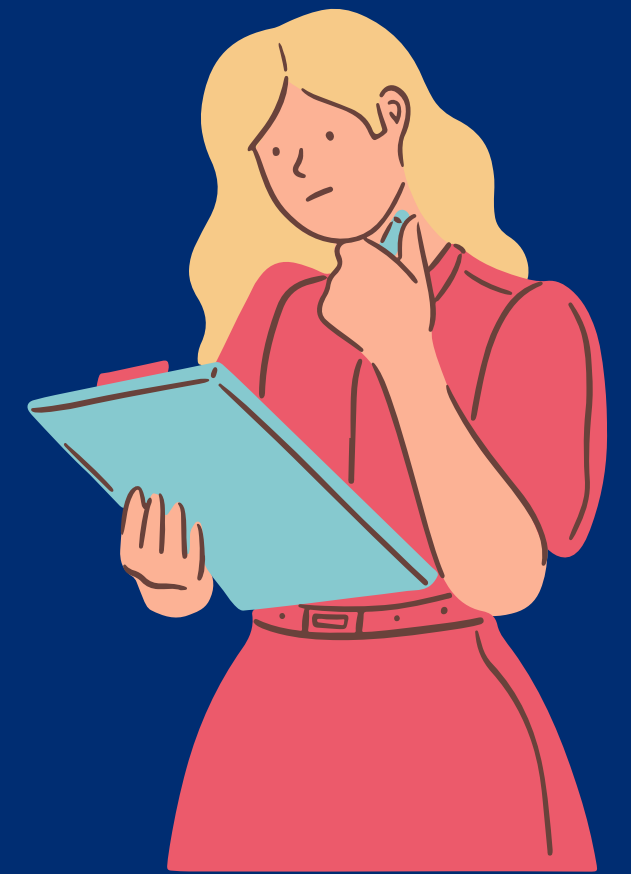
Put it in the season plan!



Have you got a

COACH

Improvement Plan?



Coach Philosophy

Why do I coach?

Why do I coach the way that I coach?

What is it like to be coached by me?

What are my goals for my coaching and development?

How do I engage with my athletes to help them map out their journey?

What's my preferred method of giving / receiving feedback?

Do I involve the athlete's parents (in a junior environment) and/or home coach in the feedback process?

WHY?



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Coach Success Profile

EXPERIENCE

work achievements needed
to successfully perform the role

KNOWLEDGE

education & accreditation
(technical/professional information
required)

COMPETENCIES

a cluster of related behaviours
that are associated with success
(or failure) in a job

PERSONAL ATTRIBUTES

personal dispositions and motivations
related to job satisfaction, success
(and failure)

Self Analysis

IDENTIFIED
STRENGTHS

IDENTIFIED
WEAKNESSES

AREAS OF ACTIVE
IMPROVEMENT

Action Plan

remember this...?

- What do I need to change/improve
- Measure
- People/Resources
- Review date
- Comments

and this...?



Stop



Start



Keep

Example

<https://s3-ap-southeast-2.amazonaws.com/wh1.thewebconsole.com/wh/4702/images/Coach-Success-Planning-Doc.pdf>

Coach Success Profile

This document has been adapted from that used by GWS Fury Premier League, as a tool to identify where each coach is on their coaching journey. It is a self-reported analysis of oneself, followed with an action plan for the purpose of improvement and success planning. This information is valuable to objectively review our coaches for a number of causes. This information is utilised for any (but not limited to) of the below processes -

- Review of coach performance
- Identification of areas of strength and deficit across staffing
- Provide support and assistance in key areas of development and improvement.

EXPERIENCE <i>Work achievements needed to successfully perform the role</i>	KNOWLEDGE <i>Education & Accreditation (technical and/or professional information needed to successfully perform the role)</i>
<ul style="list-style-type: none"> • Relevant coaching experience • Ability to work independently and collaborate effectively in a coaching team to positively impact athlete performance • Coaching with an athlete-centred approach • Planning, organising, conducting and controlling a skills session with the 7-step progression format • Effective feedback strategies during practical sessions • Effective season/campaign programming • Evidence of ability to successfully build intensity in training sessions • Ability to identify, model and promote high performance behaviours • Ability to establish and instil team culture • Experience devising and implementing appropriate game plans • Ability to observe and analyse match play (including collection and use of relevant statistics) • Recognition of opposition game plans and patterns of play • Ability to implement strategies to counter opposition game play 	<ul style="list-style-type: none"> • Minimum Advanced coaching accreditation • Knowledge and understanding of the sports Skills Development Framework • Understanding of the sports Playing Pathway • Understanding of the sports Coaching Pathway • Knowledge of the sports Coach Approach • Promotion of the sports values • Knowledge and understanding of the competition rules for the sports Competition • Knowledge in terminology and analysis ('what' 'why' and 'how') of the skills of the sport including coaching points and common faults • Knowledge of the rules of the sports • Demonstrate sound knowledge of concepts behind the detection and correction of faults • Demonstrate awareness of safety in terms of equipment and athletes • Understanding of 'coachable moments' • Understand the role of a mentor coach • Knowledge of practical strategies to enhance individual coaching
COMPETENCIES <i>A cluster of related behaviours that are associated with success or failure in a job</i>	PERSONAL ATTRIBUTES <i>Personal dispositions and motivations related to job satisfaction, job success or failure</i>
<ul style="list-style-type: none"> • Communication skills • Active Listening • Presence • Execution • Managing self and work • Coaching and developing others • Inspiring others • Adaptable • Ability to motivate and connect 	<ul style="list-style-type: none"> • Adaptability • Problem solving skills • Receptiveness to feedback/continuous learning • Disciplined • Honesty/integrity • Passion/enthusiasm • Commitment/persistence • Self-belief • Courage • Calm • Positive

Example

South West Sydney Academy of Sport Coach Improvement Plan

INSTRUCTIONS

Take some time to reflect the success of your current coaching strategies, and utilise the above tables to create an action plan to work towards your short and long term goals. In your action plan, identify what is within your responsibility to action versus where The Academy could provide guidance and assistance,



COACH NAME:	
CURRENT ACCREDITATION:	
COACH MENTOR:	
COACH SHORT TERM GOALS:	
COACH LONG TERM GOALS:	

SELF ANALYSIS

IDENTIFIED STRENGTHS	AREAS THAT ARE IMPROVING (actively improving currently)	IDENTIFIED WEAKNESSES

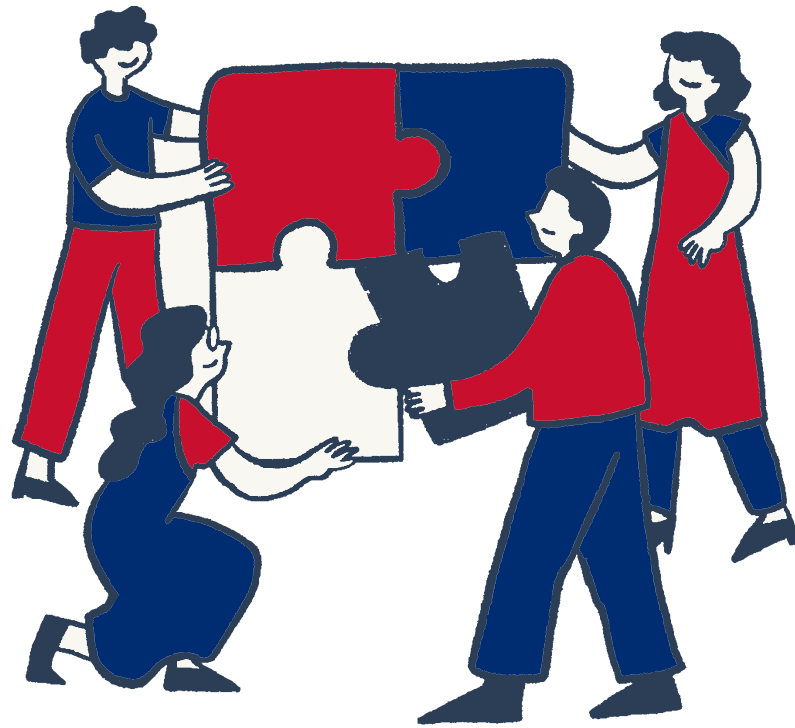
ACTION PLAN

Identified Development Priority*	Coach Action Plan	Fury Action Plan	Other Action Plan

*select category from the 'success profile'

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Online Zoom

6:30pm

Second Monday of every month

COACH Connect

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COACH Connect

Face to Face

2024

Friday 13 December

7:30 - 9:00pm *(Following BMX, Hockey and Volleyball Inductions)*

Venue: Western Sydney University, Campbelltown Campus
Building 21

Coach Connect Breakout -
Academy Coaches '25 Meet and Greet, Networking and Mentorship
program

2025

Sunday 2 February

8:30am - 5:00pm

Breakfast and Lunch included

Venue: TBC - Wests Leagues or Thomas Hassall

Regional Academies (Metropolitan) Coaches Conference
(SWSAS, WSAS, IAS)

Focus on 3Dimensional Coaching, Networking and Mentorship
Guest Speakers and final topics TBC.

#WeAreSouthWestSydney