



U16 PERSONAL DEV.

Relationships

Player Development Model



Join at menti.com use code: 4450 3525

Who is in a players support network?

Waiting for answers



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Who are a players influencers?

Waiting for answers



Parents

Siblings

Grandparents

Wider Family

SUPPORT NETWORKS

Friends

Club Coach

School Teacher





Form Tutor

Other Sports



Subject Teachers

Academics

S&C Coach

Weekend Work

Club Coach

Future Options

School Coach

Relationships

Academy Coach

Family



You've been carrying an injury for the past 3 weeks, its progressively getting worse but you've not mentioned it to the physio or coaches (through fear of not being able to play). You have games this Saturday & Sunday, then a week off before a club festival which you want to play in.

What's the best course of action?



It's the first game of the academy season and you (your son) hasn't been selected. This is the first time (ever!) they haven't been selected or starting.

How do you react?!



TAKE AWAYS

- Plan your playing schedule.
- Be proactive early.
- Don't ask at emotive times.
- Take the rough with the smooth.
- Surround yourself with good influencers.
- Plan to be at our best, when you want to be at your best!
- Expect plans to change.
- See the positives.

- Further Reading....

- <https://www.parentsinsport.co.uk/2020/03/16/stuart-lancaster-a-few-thoughts-on-sports-parenting/>



