Basketball Australia

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Australian Sports Commission

Individual Performance Plan (IPP)

The IPP is used to ensure optimal performance planning, integration and use of performance services for athletes in the Basketball Australia Performance pathway.

The Individual Performance Plan Process

1. The National Manager, Player & Coach Development and AIS Coaches will provide the AIS/ State Performance Directors with the details of the athletes and their coaches who will require planning support.

2. An athlete in conjunction with the AIS/SPD will be required to submit a draft **Individual Performance Plan** to the BA's High Performance Department who will review the plan. Failure to submit the draft Individual Performance Plan by will result on a hold for all Performance Services and HP funding support.

3. Following the initial draft submission of the Individual Performance Plan, the High Performance Department will endeavour to schedule a meeting with the AIS/NPP/Coach/Athlete to complete the review and the **Individual Performance Plan**.

4. Following the **Individual Performance Plan** review meeting the IPP with set performance goals and funding allocation (if applicable) will be signed.

5. The final Individual Performance Plan will be sent to the NM-P&CD. A meeting will be scheduled with the Coach/Athlete to complete the **Individual Performance Plan** which will reflect and support the outcomes of the signed IPP.

6. All athletes **Individual Performance Plans** will align with the individual athlete agreements and be managed by the National Manager – Player and Coach Development and AIS Coaches.

7. IPP case management meetings may be carried out throughout the year independently from the yearly scheduled reviews. The AIS Head Coach and/or the Player and Coach Development Manager will be the key drivers of this process. The purpose of the individual case management meetings is to review the athlete's progression towards achieving specific performance outcomes.

The AIS/PD/NPP Coaches will be required to monitor an athlete's IPP regularly, and in doing so, communicate any requested changes to the National Manager - Player and Coach Development Manager.

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This process allows the athlete to identify their needs to accomplish their performance goals.

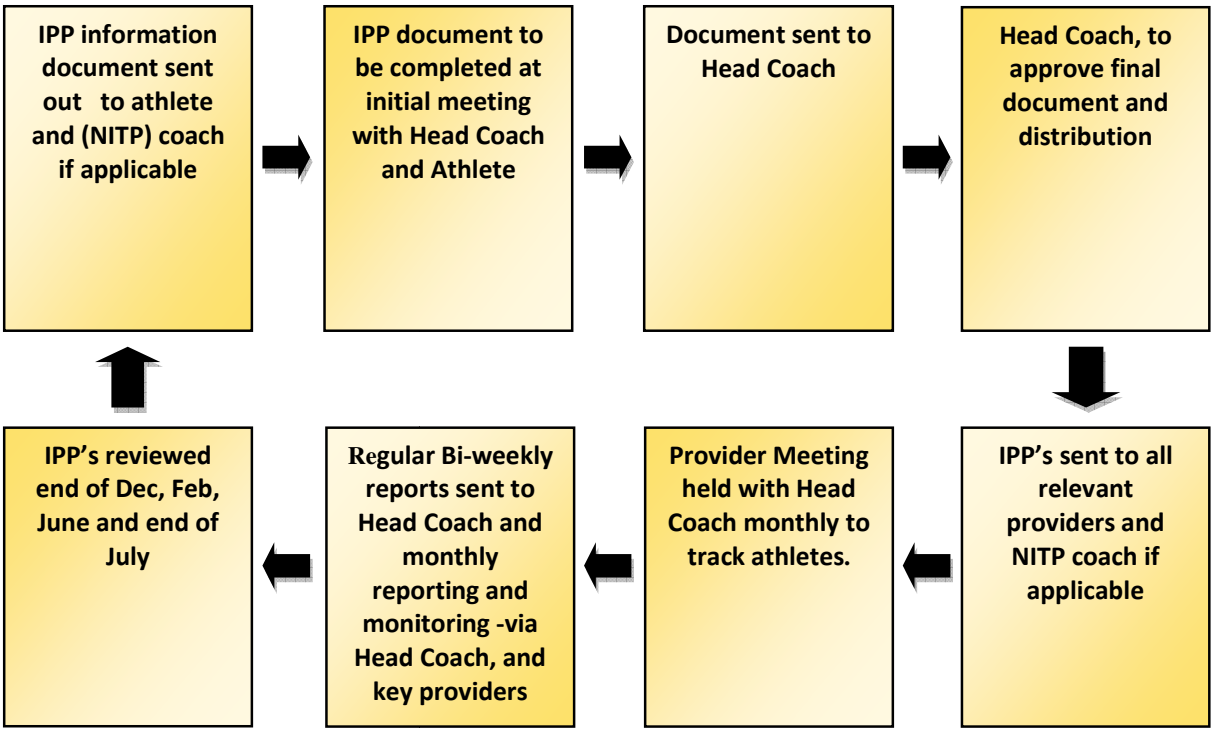
IPP Vision

1. Identifies clear long term performance goal and provides the map to achieve this goal
2. Is led by State Performance Directors and AIS Head Coach if applicable.
3. Is a living document that will evolve with monitoring and review
4. It must add value and be believed in.
5. The athlete and coach must leave no stone unturned and work with Basketball Australia to ensure performance goals are met.

Key Focus Questions

- 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?

IPP Timeline



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Contact Details

Athlete Details

Name: _____

Mobile: _____

Email: _____

Other Contact No: _____

Performance Director Details

State Coach

Name: _____

Mobile: _____

Email: _____

Other Contact No: _____

NPP/State/Club Coach Details

Network Coach

Name: _____

Mobile: _____

Email: _____

Other Contact No: _____

Anthropometric Test Results

Test One: **Date: ___/___/___** **Venue: _____**

Height	Weight	Arm Span
____ cm	____ kg	____ cm

Test Two: **Date: ___/___/___** **Venue: _____**

Height	Weight	Arm Span
____ cm	____ kg	____ cm

Test Three: **Date: ___/___/___** **Venue: _____**

Height	Weight	Arm Span
____ cm	____ kg	____ cm

National Shooting Test Results

Test One: **Date: ___/___/___** **Venue: _____**

Foul Shots (50)	1 minute Lay up drill (4 layups)	Full Court Lay ups (1minute)	3 Point Shots (5 minutes)	1 Dribble Jump Shots (5 minutes)
____/ 50	____/____	____/____	____/ ____	____/ ____

Test Two: **Date: ___/___/___** **Venue: _____**

Foul Shots (50)	1 minute Lay up drill (4 layups)	Full Court Lay ups (1 minute)	3 Point Shots (5 minutes)	1 Dribble Jump Shots (5 minutes)
____/50	____/____	____/____	____/ ____	____/ ____

Test Three: **Date: ___/___/___** **Venue: _____**

Foul Shots (50)	1 minute Lay up drill (4 layups)	Full Court Lay ups (1 minute)	3 Point Shots (5 minutes)	1 Dribble Jump Shots (5 minutes)
____/ 50	____/____	____/____	____/ ____	____/ ____

Fitness Test Results

Test One: **Date: ___/___/___** **Venue: _____**

Acceleration and Speed Test		
Speed 0-5m	**Acceleration 10-20m**	**Combined 0-20m**
____ (secs)	____ (secs)	____ (secs)

Skinfolds	Agility Test	Leg Power Test (Vertical Jump)
Sum of 7 (mm)____	____ (secs)	____ (cm)

Flexibility Test (Sit & Reach)	Anaerobic Power Test (Suicide)	Intermittent Recovery Test (Yo-Yo)
____ (cm)	____ (secs)	Stage: _____

Test Two: **Date: ___/___/___** **Venue: _____**

Acceleration and Speed Test		
Speed 0-5m	**Acceleration 10-20m**	**Combined 0-20m**
____ (secs)	____ (secs)	____ (secs)

Skinfolds	Agility Test	Leg Power Test (Vertical Jump)
Sum of 7 (mm)_____	____ (secs)	____ (cm)

Flexibility Test (Sit & Reach)	Anaerobic Power Test (Suicide)	Intermittent Recovery Test (Yo-Yo)
____ (cm)	____ (secs)	Stage: _____

Test Three: **Date: ___/___/___** **Venue: _____**

Acceleration and Speed Test		
Speed 0-5m	**Acceleration 10-20m**	**Combined 0-20m**
____ (secs)	____ (secs)	____ (secs)

Skinfolds	Agility Test	Leg Power Test (Vertical Jump)
Sum of 7 (mm)____	____ (secs)	____ (cm)

Flexibility Test (Sit & Reach)	Anaerobic Power Test (Suicide)	Intermittent Recovery Test (Yo-Yo)
____ (cm)	____ (secs)	Stage: _____

SKILL DEVELOPMENT

Specific Skill	Performance Criteria	Action Steps	Timeline
Results – ☐ **Exceeds expectations** ☐ **Meets expectations** ☐ **Fails to meet expectations**			

TACTICAL (GAME) DEVELOPMENT

Specific Skill	Performance Criteria	Action Steps	Timeline

Results – ☐ **Exceeds expectations** ☐ **Meets expectations** ☐ **Fails to meet expectations**

STRENGTH / CONDITIONING DEVELOPMENT

Specific Skill	Performance Criteria	Action Steps	Timeline

Results – ☐ **Exceeds expectations** ☐ **Meets expectations** ☐ **Fails to meet expectations**

MENTAL SKILLS / VALUES DEVELOPMENT

Specific Skill	Performance Criteria	Action Steps	Timeline
Results – ☐ Exceeds expectations ☐ Meets expectations ☐ Fails to meet expectations			

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Skill Development Performance Goal: _____

Rate your past performance: (1=poor 6 =-excellent)	**1 2 3 4 5 6**

Steps I *WILL* take to improve these areas :

Training:	Time Frame:

Competition:	Time Frame:

Off Court:	Time Frame:

End of time frame – review: (1 = poor 6 = excellent)	**1 2 3 4 5 6**

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Tactical Performance Goal: _____

Rate your past performance: (1=poor 6 =-excellent)	**1 2 3 4 5 6**

Steps I *WILL* take to improve these areas :

Training:	Time Frame:

Competition:	Time Frame:

Off Court:	Time Frame:

End of time frame – review: (1= poor 6 = excellent)	**1 2 3 4 5 6**

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Strength/Conditioning Performance Goal:

_____

Rate your past performance: (1=poor 6 =-excellent)	**1 2 3 4 5 6**

Steps I *WILL* take to improve these areas :

Training:	Time Frame:

Competition:	Time Frame:

Off Court:	Time Frame:

End of time frame – review: (1 = poor 6 = excellent)	**1 2 3 4 5 6**

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Mental Skills/ Values Performance Goal: _____

Rate your past performance: (1=poor 6 =-excellent)	**1 2 3 4 5 6**

Steps I *WILL* take to improve these areas :

Training:	Time Frame:

Competition:	Time Frame:

Off Court:	Time Frame:

End of time frame – review: (1 = poor 6 = excellent)	**1 2 3 4 5 6**

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INDIVIDUAL PERFORMANCE PLAN AGREEMENT

Date: _____ **Venue:** _____

Athlete signature:

_____

Athlete's Coach:

_____

AIS Head Coach/Performance Director:

_____

National Manager Player & Coach Development:

_____

With the advent of World Junior Championships moving to a two year cycle for both U19 & U17 it is important to prepare the IPP in relation to the international competition pathway to identify and develop milestones.

19 & Under World Junior Championships = 2009; 2011; 2013; 2015; 2017; 2019
17 & Under World Junior Championships = 2010; 2012; 2014; 2016; 2018; 2020

Year of Birth	17 & Under		19 & Under	
	Bottom Age	Top Age	Bottom Age	Top Age
1992				2011
1993		2010	2011	
1994	2010			2013
1995		2012	2013	
1996	2012			2015
1997		2014	2015	
1998	2014			2017
1999		2016	2017	
2000	2016			2019
2001		2018	2019	
2002	2018			2021