



## Player Development Plan

At Invictus, our aim is to maximize each player's development. Player assessments provide Invictus Members clarity on where the player is in their development process, highlighting their strengths/weaknesses, and providing an action plan for maximizing their development. It is crucial that these player assessments are reviewed by both the parent and player in order to understand their developmental needs and how it will impact their training experience through Invictus Soccer.

**Player's Name**

Johnny B.

**Date of Assessment**

Thursday, July 11, 2024

**Assigned Coach**

Jose Labanino

### Physical

**Physical Strengths. Over the last training block (4 months), the athlete has shown the most significant improvements with the following physical elements of the game:**

Speed / Acceleration; The ability to cover distance quickly, based mostly on their efficiency in the first 5 yards.

Agility; The ability to perform rapid changes of direction/velocity in response to the game scenario.

Strength; The ability to hold off opponent's physical contact (ie. maintain possession) AND effectively pressure opponent through use of physical contact (ie. dispossess opponent).

**Physical Areas for Improvement. Over the next training block (4 months), the main focus areas for the athlete to improve on will be the following:**

Agility; The ability to perform rapid changes of direction/velocity in response to the game scenario.

Strength; The ability to hold off opponent's physical contact (ie. maintain possession) AND effectively pressure opponent through use of physical contact (ie. dispossess opponent).

### Overall Comments Regarding Physical Development

Johnny has worked very hard to develop his physicality; change of direction mechanics, strength on the ball, aggression to dispossess, and overall endurance (mental and physical). He's getting a lot stronger, a big focus of the next training block will be refining the agility, change of direction ability on the ball, and stamina to maintain a very high level of play for a full match without dropping off second half.

### Technical

**Technical Strengths. Over the last training block (4 months), the athlete has shown the most significant improvements with the following**

Receiving; the ability to receive the ball using different techniques and surfaces on both feet, making the ball ready to play in minimum touches.

Dribbling; the ability to maneuver the ball using different techniques and surfaces on both feet, while changing speeds without losing control.

Striking; the ability to produce powerful and consistent shots while using different techniques and surfaces on both feet.

Finishing; the ability to produce accurate and consistent finishes close to the goal, while using different techniques and surfaces on both feet.

**Technical Areas for Improvement. Over the next training block (4 months), the main focus areas for the athlete to improve on will be the following:**

Passing; The ability to deliver accurate and properly weighted passes, using different techniques and surfaces on both feet.

Receiving; the ability to receive the ball using different techniques and surfaces on both feet, making the ball ready to play in minimum touches.

Dribbling; the ability to maneuver the ball using different techniques and surfaces on both feet, while changing speeds without losing control.

Striking; the ability to produce powerful and consistent shots while using different techniques and surfaces on both feet.

Finishing; the ability to produce accurate and consistent finishes close to the goal, while using different techniques and surfaces on both feet.

Juggling; the ability to maintain the ball in the air using different techniques and surfaces on both feet.

## Overall Comments Regarding Technical Development

We'll continue to refine all of Johnny's technical abilities. He's grown tremendously in his shot power with both legs... significantly, it's been awesome to see this part of his game develop. Combining his improved physicality and agility but with on-ball technical abilities will be a big priority for us.

## Tactical

**Tactical Strengths. Over the last training block (4 months), the athlete has shown the most significant improvements with the following tactical elements of the game:**

Speed of Play; The cognitive ability to assess different situations, choose the best option, and physically execute the technique at game-speed or faster.

Composure; The ability to maintain composure on the ball and problem solve when faced with heavy pressure.

Attacking; The ability to attack in a variety of different numerical situations and break down the play (1v1, 2v1, 2v2, 3v3, 4v3, etc).

Defending; The ability to defend in a variety of different numerical situations and prevent offensive progression (1v1, 1v2, 2v2, 3v3, 3v4, etc).

**Tactical Areas for Improvement. Over the next training block (4 months), the main focus areas for the athlete to improve on will be the following:**

Speed of Play; The cognitive ability to assess different situations, choose the best option, and physically execute the technique at game-speed or faster.

Composure; The ability to maintain composure on the ball and problem solve when faced with heavy pressure.

Defending; The ability to defend in a variety of different numerical situations and prevent offensive progression (1v1, 1v2, 2v2, 3v3, 3v4, etc).

### Overall Comments Regarding Tactical Development

Defensive work rate is one area that was a big focus, which is slowly improving. How you do anything is how you do everything, so the resilience and intensity that you demand from yourself on offense should match it on defense. We'll continue to work on Johnny's game-breaking ability of dribbling in tight spaces to draw in pressure and find the release (ie. through ball, shot, etc.). We'll also refine the technical/tactical demands that playing as a 8 or 10 at MLS Next requires (strength on ball, ability to turn the defender, sharp shooting from distance under tight spaces).

### Performance Testing

Shown below is how the player scored on the following performance tests and how they compare to their peers. A value of NT for the performance test means that it was Not Tested. Technical and Physical Performance Tests are used by our coaching staff to help classify athlete's Skill Levels (in addition to playing abilities and age). Please note, not all performance tests are performed at each skill level. As the athlete advances through the Invictus Pathway through Skill Levels, the testing becomes more rigorous and detailed. Please visit the link to see a complete guide on the performance testing and a chart that shows how the player compares to their peers on these tests; <https://www.invictussoccerlv.com/faq>

Technical Skill Level	Figure 8 Dribbling	Wall Passing	Juggling Level 1	Juggling Level 2	10 Yard Sprint	5-10-5 Agility
Technical Foundations: 5-8	70s	90s	2	1	2.5s	7.1s
Technical Foundations: 9-11	60s	70s	5	2	2.5s	6.2s
Technical Foundations: 12-15	50s	50s	10	4	2.2s	5.7s
Technical Mastery: 6-7	45s	45s	3	2	2.5s	6.2s
Technical Mastery: 8-9	38s	38s	10	3	2.3s	5.9s
Technical Mastery: 10-11	34s	32s	25	5	2.2s	5.6s
Technical Mastery: 12-13	32s	26s	50	7	2.1s	5.3s

Technical Mastery: 14-15	28s	20s	75	11	2.0s	4.9s
Technical Mastery: 16-18	24s	16s	100	25	1.8s	4.4s
<b>Your Athlete</b>	27	21.8	114	7.5	2.08	5.34

<b>Figure 8 Dribbling</b>	27
<b>Wall Passing</b>	21.8
<b>Juggling Level 1</b>	114
<b>Juggling Level 2</b>	7.5
<b>10 Yard Sprint</b>	2.08
<b>5-10-5 Agility</b>	5.34

## Summary

### What exactly is the Technical Skill Level?

This is a soccer training age that we provide each Invictus player with. If the player is assigned Technical Foundations, this means they are at the level of a beginner-intermediate player for the specific age group. If the player is assigned Technical Mastery, this means they are at the level of an intermediate-advanced player for the specific age group. For example, a player that is Technical Mastery 14-15, it means they are at the level of an intermediate-advanced player for a 14-15 based on the talent pool here in Las Vegas. Understand, there are some 12-13 year olds who might be assigned Technical Mastery 14-15 because of how advanced/elite they are.

**ASSIGNED TECHNICAL SKILL LEVEL:**  
**This is the player's assigned technical skill level, which they are to use for booking their Technical classes (either Technical Foundations or Technical Mastery). Please use the guide below to see which other specialty classes they are able to book based on their level.**

Technical Mastery 14-15

Technical Skill Level	Specialty Classes They Can Attend
Technical Foundations: 5-8	N/A
Technical Foundations: 9-11	Speed & Agility: 8-11
Technical Foundations: 12-15	Speed & Agility: 12-16
Technical Mastery: 6-7	N/A

Technical Mastery: 8-9	Speed & Agility: 8-11 Striking & Finishing: 8-11
Technical Mastery: 10-11	Speed & Agility: 8-11 Striking & Finishing: 8-11
Technical Mastery: 12-13	Speed & Agility: 12-16 Striking & Finishing: 12-16
Technical Mastery: 14-15	Speed & Agility: 12-16 Striking & Finishing: 12-16
Technical Mastery: 16-18	N/A

**PROGRAM RECOMMENDATIONS: Invictus offers a lot of different platforms for your player to develop their game (ie. camps, leagues, clinics, 1on1, small group training, specialty classes). Here are some recommendations for your player to maximize what our program has to offer:**

I'd recommend he continues with the 1on1s as we're doing. MLS Next schedule will pick up soon, but when time allows, the speed and agility classes will also be a great addition to Johnny's programming so that he can maximize his development through Invictus.

Thank you for trusting Invictus with the development of your player. Being able to develop the next generation of soccer talent in Las Vegas is our passion and we take it seriously. If you have any questions about the Player Development Plan, please reach out to us at [jose@invictussoccerlv.com](mailto:jose@invictussoccerlv.com) Please visit the link below for a list of upcoming events that will be sure to provide your player another platform to enhance their game!  
<https://www.invictussoccerlv.com/upcoming-events>