



# 1. Individual Growth Plan (IGP) Template

## PLAYER INFORMATION

- Name: \_\_\_\_\_
  - Grade: \_\_\_\_\_
  - Position(s): \_\_\_\_\_
  - Coach: \_\_\_\_\_
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## A. PLAYER SELF-ASSESSMENT

Rate 1–5 (1 = major improvement needed, 5 = strong skill)

**Physical:** Strength \_\_\_\_ Speed \_\_\_\_ Agility \_\_\_\_ Endurance \_\_\_\_ Flexibility \_\_\_\_

**Football IQ:** Playbook Understanding \_\_\_\_ Situational Awareness \_\_\_\_

**Technique:** Position Technique \_\_\_\_ Fundamentals \_\_\_\_

**Mental/Leadership:** Accountability \_\_\_\_ Work Ethic \_\_\_\_ Communication \_\_\_\_

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## B. COACH ASSESSMENT & PRIORITY AREAS

Top 3 Developmental Priorities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Position Strengths:

- \_\_\_\_\_
- \_\_\_\_\_



**Position Weaknesses:**

- \_\_\_\_\_
- \_\_\_\_\_

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## **C. INDIVIDUAL GOALS (8–12 Weeks)**

### **Physical Goals**

- Example: “Increase squat by 40 lbs.”
- Example: “Improve 40-yard dash by .15 seconds.”
- \_\_\_\_\_
- \_\_\_\_\_

### **Technical Goals**

- Example: “Improve hand placement in run blocking.”
- Example: “Increase catch consistency to 90% in drill work.”
- \_\_\_\_\_
- \_\_\_\_\_

### **Football IQ Goals**

- Example: “Master defensive fronts & stunts.”
- Example: “Learn all route adjustments based on coverage.”
- \_\_\_\_\_
- \_\_\_\_\_

### **Leadership/Character Goals**

- Example: “Lead group warmups once per week.”
- \_\_\_\_\_

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## D. WEEKLY DEVELOPMENT PLAN

Strength Training Priorities:

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Speed & Agility Focus:

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Skill Work Objective:

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Film Study Focus:

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Leadership Actions:

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## E. EVALUATION (EVERY 4 WEEKS)

Coach Notes:

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Player Notes:

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Updated Goals:

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## 2. Skill Progression Charts (By Position)

Use these to track development over the off-season.



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# Quarterback Progression Chart

Skill Area	Beginner	Intermediate	Advanced	Elite
Footwork	Basic 3/5 step	Consistent timing	Multiple-drop mastery	Full-pocket mobility
Mechanics	Stable base	Consistent release	Pressure mechanics	Custom release angles
Accuracy	Short routes	Mid-range	Deep ball	All-level accuracy
Reads	Single read	Half-field	Full-field	Anticipatory reads
Leadership	Leads drills	Commands huddle	Motivates peers	Team-wide leadership

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# Running Back / Wide Receiver Progression Chart

Skill	Beginner	Intermediate	Advanced	Elite
Ball Security	2-point hold	3-point lock	Contact-secure	Traffic-secure
Routes	Basic routes	Timing & spacing	Press/coverage adjustments	Full route tree
Catching	Stationary catches	On-run catches	Contested catches	High-point mastery
Vision	Basic lanes	Second-level reads	Cutback recognition	Pre-snap anticipation
Blocking	Body-based	Hand placement	Pad leverage	Reads blitz schemes

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# Offensive Line Progression Chart

Skill	Beginner	Intermediate	Advanced	Elite
Stance	Balanced	Consistent	Explosive	Position-adjustable
Footwork	Step consistency	Combo steps	Timing with partner	Full scheme mastery
Hand Usage	Contact	Placement	Independent hands	Counter moves
Pass Pro	Base & punch	Slide steps	Anchor vs power	Recognizing stunts/twists
Communication	Quiet	Calls when prompted	Confident cadence	Line leader

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# Defensive Player Progression Chart (DL, LB, DB)

Skill	Beginner	Intermediate	Advanced	Elite
Tackling	Proper form	Angle tackling	Open-field tackling	Elite finish & tracking
Pursuit	Basic pursuit	Reads blocking	Inside-out leverage	Film-based anticipation
Coverage	Basic zones	Man technique	Press/reads	Pattern-matching
Block Shedding	Hands only	Rip/Swim	Power/Speed combos	Multi-move mastery
Football IQ	Alignments	Adjust to motion	Down-distance recognition	Full system command

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## 3. Measurable Development Metrics



These metrics help differentiate **Varsity vs JV** progress expectations.

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## A. Physical Metrics

Test	JV Goal	Varsity Goal	Notes
40-Yard Dash	Improve by .10–.20	Improve by .05–.10	Track monthly
Pro Agility	0.10–0.20 sec improvement	0.05–0.10 sec	Footwork emphasis
Vertical Jump	+2–4 inches	+1–3 inches	Explosiveness focus
Bench Max	+10–20 lbs	+10–30 lbs	6–8 week cycle
Squat Max	+20–40 lbs	+20–50 lbs	Track mobility
Deadlift	+20–40 lbs	+20–50 lbs	Form priority
Conditioning Test	Improve time by 3–8%	Improve time by 2–6%	Team test of choice

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## B. Skill Metrics (Position-Based)

### Quarterbacks

- Completion % in routes-on-air
- Completion % under pressure
- Reads per play (film graded)
- Footwork grade (1–5)

### Skill Players (RB/WR)

- Catch rate % (on 50–100 catches)



- Yards after catch in drills
- Route timing accuracy
- Blocking grade

### **Offensive Line**

- Hand placement accuracy %
- Step footwork consistency %
- 1-on-1 win rate
- Assignment grade from film

### **Defensive Positions**

- Tackle success % (live or pads)
  - Coverage grade
  - Pass-rush win rate
  - Block-shed efficiency
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## **C. Football IQ Metrics**

- Film quiz score (% correct)
  - Ability to verbalize assignments (graded 1–5)
  - Situation recognition test
  - Practice mental reps accuracy
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## **D. Leadership & Accountability Metrics**

- Attendance rate
- Effort score (coach graded)
- Leadership actions completed
- Peer evaluation (optional)