
Player Improvement Plan

Welcome to Ignite Volleyball

We're so glad to have you join the team! This **Player Improvement Plan** is meant to provide a framework for you and your coach to help you get off to a great and productive start.

Your Mission Statement

Why do you play volleyball?

Your Vision

What is your greatest aspiration for your team? For your volleyball career?

Measures of Success

What do you want it to feel like to be a part of this team?

What do you want people to remember from being on a team with you?

Core Values

What is most important to you in volleyball? (Identify 4 qualities)

IE- Giving my best effort every practice



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Building Behaviors

List the specific behavior principles needed to build each of your core values.

*IE- Giving my best effort every practice- **Prepare**-make sure I am mentally and physically ready. **Focus**- not get distracted by friends during drills. **Work Hard**- make each drill the most important of the day.*

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Personal Discipline

Personal Goal #1

Why do you want to accomplish this goal?

START

STOP

KEEP

Personal Goal #2

Why do you want to accomplish this goal?

START

STOP

KEEP

Personal Goal #3

Why do you want to accomplish this goal?

START

STOP

KEEP