



Sharing the action plan with others in the athlete's circle of support

As a performance pathway support person, you will need to coach the athlete on this process to give them the confidence to lead.



Athlete to Summarise	Coach/Support Person to Reflect	Discuss and Agree the Plan
<ol style="list-style-type: none"> 1. Give an overview of the key strengths that emerged. 2. Explain the 'why' for each of your work-ons. 3. Give an overview of the competencies you have prioritised for the next training block. 4. Explain any key themes, or linkages between priority competencies. 5. Summarise your areas of focus for the next training block. 	<p>Acknowledge areas that you have greater awareness "thank you for sharing that information, that has helped me understand..."</p> <p>Agreement List the priorities that you agree with and why.</p> <p>Add Raise any competencies you would like to add. "I would like to add x as a priority for the next training block because..."</p>	<p>Review the draft plan together:</p> <ol style="list-style-type: none"> 1. Review the actions against each of the competencies identified by the athlete. 2. Coach to suggest any additional actions. 3. Coach to suggest any new competencies. Athlete and coach to discuss and agree actions for new competencies.

Sentence Starter Resource	Questions the Athlete Can Ask	TO DO Checklist
<ul style="list-style-type: none"> • I was most surprised that x competency emerged because... • I am motivated about... • I am worried about... • I need support from you with... • I need support from [other support person] with... • I believe the most important thing for my next training block is... • The most important thing I learnt from the process was... 	<p>Which of the priorities that I have identified do you agree with?</p> <p>Are there any priorities that I have identified would you not prioritise?</p> <p>Are there any competencies you would like me to add in to my IPP?</p> <p>What do you see as the highest priority for my focus?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Timeframe set for review of the action plan. <input type="checkbox"/> Discussed how you will integrate the action plan into your daily training environment (see Raise My Game weekly action plan template). <input type="checkbox"/> Discussed accountability. <input type="checkbox"/> Discussed who else needs to know what is in the action plan and their role in supporting the athlete.