



**FTBL ACADEMY**  
*Training Club*

*To build the individual, we must move away from the "group-think" of traditional coaching. These templates are designed to identify the Noticeable Flaw in the Lab and track the player's evolution toward a "10k Touch" standard.*

*Each template utilizes our TIPS OVR (Overall Rating) system, ensuring that our Academic Partners (parents) understand that development is a linear progression of technical mastery, not a weekend scoreboard.*

**Individual  
Development  
Plan (IDP)  
Templates**



# U7: The Foundation Phase (The "Motor-Mastery" Lab)

At this stage, we are building the Feet. We ignore tactical complexity to ensure the "10k Touch" habit is formed.

- The Goal: Eliminate the "Hider" mentality; every player wants the ball.
- Lab Fix: "The 1-Meter Box" – High-repetition touches in tight spaces.

Category	Metric	Focus Area
<b>Technique</b>	Ball Mastery	Ability to use all 6 surfaces of the foot (Coerver basics).
<b>Insight</b>	The Owl (Intro)	Can the player lift their head away from the ball for 1 second?
<b>Personality</b>	The Hunter	Do they transition immediately to "hunt" the ball when lost?
<b>Speed</b>	Agility	Change of direction without losing balance.



# U9: The Creative Phase (The "1v1 Dominance" Lab)

We begin introducing The Diamond and the "Holy Trinity" of development.

- The Goal: Mastery of the 5-Second Rule (Immediate counter-press).
- Lab Fix: Rebounder sequences – Receive, "Owl" scan, and explode 90 degrees.

Category	Metric	Focus Area
<b>Technique</b>	1v1 Moves	Execution of "Changes" and "Feints" under active pressure.
<b>Insight</b>	Spatial Geometry	Finding the points of The Diamond to create passing lanes.
<b>Personality</b>	Bravery	Willingness to try a skill in a "Red Zone" (defensive third).
<b>Speed</b>	Speed of Thought	Identifying the open lane before the ball arrives.



# U11: The Cognitive Phase (The "Tactical Insight" Lab)

This is where The Brain (Ajax/Cruyff) becomes the priority. We move from "How" to "Why."

- The Goal: Understanding "Third Man Runs" within The Diamond.
- Lab Fix: Video Analysis – Reviewing "Owl" frequency via Lab cameras.

Category	Metric	Focus Area
<b>Technique</b>	Passing Range	Accuracy over 15–20 yards with both feet.
<b>Insight</b>	"The Owl" (Advanced)	Scanning frequency (should be 3+ times before receiving).
<b>Personality</b>	Resilience	Response to a "Noticeable Flaw" during a high-intensity session.
<b>Speed</b>	Transition Speed	The physical and mental sprint from "Hider" to "Hunter."



# U13: The Performance Phase (The "Scholarship/Pro" Lab)

The Individual is now a specialized "Product." We refine the Heart (Croatian Grit).

- The Goal: Achieve a TIPS OVR that translates to elite-level recruitment.
- Lab Fix: 4:1 Private Sessions – Ironing out the "Noticeable Flaw".

Category	Metric	Focus Area
<b>Technique</b>	Precision/ Finish	Clinical execution in the final third under maximum "Lab" pressure.
<b>Insight</b>	Game Management	Recognizing when to break the lines vs. when to retain the ball.
<b>Personality</b>	Leadership	Directing The Diamond and holding peers to the FTBL standard.
<b>Speed</b>	Explosive Power	First 3 steps (The "Hunter's" Burst).





# THE TIPS SCORECARD

## (Individual Development Plan)

Player Name: \_\_\_\_\_

Level: [U7 / U9 / U11 / U13]

Date: \_\_\_\_\_

TIPS OVR (Overall Rating): \_\_\_\_\_ / 10

Category	Metric	Score (1-10)	The "Noticeable Flaw"
<b>Technique</b>	Ball Mastery / Precision		
<b>Insight</b>	"The Owl" / Geometry		
<b>Personality</b>	"The Hunter" / Grit		
<b>Speed</b>	Thought & Movement		

### THE LAB ANALYSIS

- Primary Objective: [e.g., Eliminating the "Hider" mentality]
- The 10k Touch Status: [Incomplete / On Track / Elite]
- The Educator's Note: (Guided Discovery prompt for the player to consider)

### THE HOMEWORK

- Specific Drill Focus: \_\_\_\_\_



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## **THE COACH'S SCORING GUIDE (The "Anchor" System)**

**To ensure the "Holy Trinity" is assessed consistently across all Educators, use these anchors. We do not give "participation" scores; we give "Laboratory" scores.**

## **[T] TECHNIQUE: Ball Mastery under Pressure**

- 1–3 (Novice): Look at the ball 100% of the time. Technical breakdown when a defender is within 3 yards.
- 4–6 (Proficient): Executing Coerver moves in isolation, but "panics" the ball away during 5-second rule pressure.
- 7–9 (Elite): Total mastery. Uses all surfaces of the foot. Ball is an extension of the body.
- 10 (Pro/Scholarship): Zero technical unforced errors in The Lab.

## **[I] INSIGHT: "The Owl" and "The Diamond"**

- 1–3 (Static): Ball-watching. Does not scan. Standstill positioning.
- 4–6 (Reactive): Scans after the ball is played to them. Understands the shape of The Diamond but reacts slowly to its shifts.
- 7–9 (Proactive): "The Owl" is constant (3+ scans). Moves to the open point of the Diamond before the pass is made.
- 10 (Master): Manipulates the opponent's shape through movement; 360-degree awareness.



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## **[P] PERSONALITY: "The Hunter" vs. "The Hider"**

- 1–3 (The Hider): Avoids the ball. Head down after a mistake. Quiet on the pitch.
- 4–6 (The Neutral): Plays when the sun is shining. Inconsistent "5-Second Rule" application.
- 7–9 (The Hunter): Aggressive transition. Resilience after a lost ball. Uses "Academic" communication.
- 10 (The Leader): High-grit "Croatian" mentality. Demands the ball in high-pressure "Red Zones."

## **[S] SPEED: Speed of Thought + Physicality**

- 1–3 (Laborious): Slow to react to transitions. Heavy-footed.
- 4–6 (Functional): Good physical speed, but mental "lag" causes them to arrive late to the play.
- 7–9 (Explosive): First 3 steps are "Hunter" caliber. Recognizes the passing lane instantly.
- 10 (Elite): Executes at "Game Speed" while the opponent is still processing the previous play.



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**To ensure our Educators are not "Joystick Coaching" but instead acting as facilitators of the FTBL Methodology, they must master the art of the question.**

**Here are the age-specific Guided Discovery Questions to be used during the TIPS evaluation process, followed by the logistical flow for our Academic Partners.**

# 1. Guided Discovery: The Educator's Script

## U7 (The Foundation)

*Focus: Body Mechanics & Ball Attachment*

- "If the ball is a magnet, which part of your foot keeps it closest?"
- "Can you show me how to hide the ball from 'The Hunter' using your body?"
- "Where are your eyes when the ball is at your feet?"

## U9 (The Creative)

*Focus: 1v1 Intent & Spatial Awareness*

- "You beat the defender—where is the open space to 'explode' into now?"
- "If we are in The Diamond, where should you move to help your teammate see you?"
- "What 'Feint' will make the defender jump the wrong way?"

## U11 (The Cognitive)

*Focus: Scanning & Tactical Geometry*

- "How many times did The Owl scan the field before you touched the ball?"
- "We lost the ball. What does the 5-Second Rule tell us to do right now?"
- "Why is the 'Third Man' the most dangerous player in this Diamond?"

## U13 (The Performance)

*Focus: Decision Making & Elite Grit*

- "Is this a moment to 'Hunt' and win it high, or drop and protect the shape?"
- "What did you notice about the defender's balance before you made that pass?"
- "Your TIPS score for 'Insight' is rising—how can you communicate that vision to the U11s?"



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## 2. Operationalizing the Data

Once the TIPS Scorecard is filled, the transition from "Data" to "Revenue/Development" occurs via this workflow:

### The "Noticeable Flaw" Workflow

1. **Identify:** Educator marks the flaw (e.g., "Weak-foot reception").
2. **Assign:** The player receives a specific playlist on the FTBL 10k Touch App.
3. **Review:** TIPS OVR is updated in the Spond app for parent transparency.

## 3. The Academic Partner Briefing (Template)

Subject: Beyond the Scoreboard: Your Player's TIPS OVR

*"At FTBL Academy, we don't look at the scoreboard; we look at the 'Noticeable Flaw.' Your athlete has just completed their latest evaluation in The Lab.*

*We have updated their TIPS Scorecard (Technique, Insight, Personality, Speed). This is their roadmap to elite performance. You will notice we aren't discussing 'Team Wins'—we are discussing your child's '10k Touch' journey and their evolution as a Hunter.*

*Please review the attached IDP and discuss the 'Guided Discovery' questions with them on the ride home. Remember: Silent Sidelines make for louder thinkers."*