

SKILLS

Player Development Plan 2026

	Phase	Dates	Total	Focus
OFF-SEASON	Base	Apr 1 - Apr 4	2	Finishing, Passing, Defense Fundamentals
	Cycle 1	Apr 5 - May 2	12	Footwork, Post Moves, Sealing Foundations
	Cycle 2	May 3 - May 23	9	Finishing, Power Moves, Sealing Development
	Assessment 1	May 24 - May 30	2	Low-Intensity Skill, Form, Touch Work
	Cycle 3	May 31 - Jun 27	12	PNR Reads, Counters, Footwork Precision
	Cycle 4	Jun 28 - July 25	12	Post Scoring, Finishing, Passing Reads
	Assessment 2	July 26 - Aug 1	2	Low-Intensity Skill, Form, Touch Work
PRE-SEASON	Cycle 5	Aug 2 - Sept 5	15	Sealing, Finishing, Defensive Execution
	Cycle 6	Sept 6 - Oct 17	18	Finishing, Defensive Reads, Positioning
	Assessment 3	Oct 18 - Oct 24	2	Skill Refinement, Form, Recovery Work
IN-SEASON	Cycle 7	Oct 25 - Nov 28	10	Game Reads, Defense, Post Decision-Making
	Cycle 8	Nov 29 - Dec 26	8	Low-Volume Skill, Efficiency, Maintenance
	Assessment 4	Dec 27 - Jan 2	2	Skill Adjustment, Form, Recovery Reset
	Cycle 9	Jan 3 - Feb 20	14	Game Execution, Finishing, Decision-Making
POST-SEASON	Cycle 10	Feb 21 - Mar 13	6	Efficiency, Decision-Making, Game Execution
	Transition	Mar 21 - Mar 31	0	Full Recovery, Mobility, Mental Reset

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Workout

 Player

Kim Limon ▾

 Date

04/29/26

 Time

60 Minutes

 Focus

Sealing

 Location

Gym / Court

 Cycle

1.4.2

Warm-Up - Reaction & Mobility (10 Minutes)

Drill	Description	Completed
Duck In Seal + Drop Step Finish	3 x 6 Reps (Each Side)	<input checked="" type="checkbox"/>
Wall Closeout Drill	3 x 10 Reps	<input checked="" type="checkbox"/>
Pivot & Pass Recognition	3 x 6 Reps	<input checked="" type="checkbox"/>
Seal Commands	3 x 5 Reps	<input checked="" type="checkbox"/>

Sealing & Positioning - Live Reads (30 Minutes)

Drill	Description	Result
Seal & Release for Entry Pass	3 x 6 Reps Low Stance, Hold Position, Time Release	<input checked="" type="checkbox"/>
R/L Seals vs High/Low Denial	3 x 5 Reps Read Defender, Seal Early, Win Inside Angle	<input checked="" type="checkbox"/>
Re-Seal vs. Defender Fronting	3 x 5 Reps Quick Re-Seal, Stay Low, Create Target	<input checked="" type="checkbox"/>
Live Seal & Decision Drill	3 x 5 Reps Read Defender, Make Correct Seal	<input checked="" type="checkbox"/>
		<input type="checkbox"/>

Post Moves & Counter Reads (20 Minutes)

Drill	Description	Completed
Drop Step vs. Contact	2 x 6 Reps - R/L Finish, Each Side & Direction	<input checked="" type="checkbox"/>
Up & Under Counter Move	2 x 6 Reps - R/L Finish, Each Side & Direction	<input checked="" type="checkbox"/>
Face-Up Jab Step & Attack	3 x 6 Reps - Each Foot, Side & Direction	<input checked="" type="checkbox"/>
Live 1-on-1 Post Defense	3 x First to 3 - Winner Out, Start with Seal	<input checked="" type="checkbox"/>

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Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Completion	Notes
			Sealing	96%	
04/06/26	Skills - Workout - 1.1.1	- Fundamentals of Post Sealing - Footwork - Defensive Stance	Sealing	100%	Great start. Sealing fundamentals looked strong and she showed a good feel for positioning and stance.
04/08/26	Skills - Workout - 1.1.2	- Sealing Under Contact - Counter Moves - Post Finishing	Post Moves	100%	Strong day in the post. Moved well, handled counters with confidence, and finished with good control.
04/10/26	Skills - Workout - 1.1.3	- Sealing Under Contact - Post Positioning - Defensive Pressure	Sealing	90%	Excellent session. Stayed active, competed hard, and handled live reads and pressure well.
04/13/26	Skills - Workout - 1.2.1	- Post Moves - Sealing - Defensive Challenges	Defense	90%	Very strong session. Post moves looked sharp and she attacked with purpose and control.
04/15/26	Skills - Workout - 1.2.2	- Sealing Counters - Advanced Post Moves - Defensive Closeouts	Post Moves	100%	Solid session overall. Defensive reads improved and positioning showed progress. Continue building consistency.
04/17/26	Skills - Workout - 1.2.3	- Live Decision-Making - Position Adjustments - Post Defense Reads	Defense	100%	Good progress. Competed well defensively and showed improvement in battles and post-read reactions.
04/20/26	Skills - Workout - 1.3.1	- Sealing Under Pressure - Defensive Battles - Post Reads	Defense	95%	Good workout. Post move adjustments were solid and decision making showed improvement.
04/22/26	Skills - Workout - 1.3.2	- Adjusting Seals - Post Counter Moves - Defensive Rotations	Sealing	100%	Good progress with sealing. Positioning improved and strength under pressure continues to develop.
04/24/26	Skills - Workout - 1.3.3	- Physical Sealing - Contact Finishing - Defensive Closeouts	Finishing	100%	Great effort. Physical finishing improved and conditioning held up throughout the session.
04/27/26	Skills - Workout - 1.4.1	- Sealing Adjustments - Quick Decision Post Moves - Defensive Rotations	Post Moves	75%	Solid progress. Post move adjustments improved and decision making continues to develop.
04/29/26	Skills - Workout - 1.4.2	- Live Post Play - Sealing Under Pressure - Defensive Reads	Sealing	100%	Strong session. Defensive control and decision making showed noticeable improvement.
05/01/26	Skills - Workout - 1.4.3	- Game-Speed Post Execution - Live Post Battle - Defensive Toughness	Defense	100%	Excellent finish to the cycle. Defensive reads and adjustments looked strong and she competed with confidence.