

# Performance SWOT Analysis

Take control of your future



# REPS

# What is SWOT

Elite performance is driven by intentional focused attention on all aspects of performance development. One of the biggest barriers to skill development is that athletes do not realistically assess their performance strengths and weaknesses and fail to **INTENTIONALLY** create a plan to get better.

The intent of a skills SWOT Analysis is to determine an athlete's readiness to play at the next level and develop a plan for getting there.

Through brainstorming, answer the questions within each category and record your responses on the tool provided. Ask for assistance in this analysis – parents, coaches, teammates, and friends can provide valuable insight and alert you to performance blind-spots you may have missed. Be realistic in your self-assessment and don't let your feelings get hurt (stay neutral), no one is perfect and only by realistically assessing your skills and environment can you begin to get what you want.

S – What are your current skill/performance strengths (now and in the immediate future)?

W – What are your current skill/performance weaknesses (now and in the immediate future)?

O – What future opportunities exist for your development (individual and as part of a team)?

T – What potential threats/obstacles exist to your skill development or playing at the next level?

# Step 1: Realistically identify your strengths and weaknesses

S – What strengths in your present performance can you develop to give you a bigger competitive advantage?

W – What weaknesses in your present performance may hinder your development and performance in the future?

Strength	Weakness

# Step 2: Realistically identify Opportunities and Risk

O – What future opportunities exist for your development and performance?

T – Organize a list of potential threats/limitations to your development and performance.

Opportunity	Risk

# Step 3: Action Planning (10 minutes)

- Examine the list of items under weaknesses and threats
- Identify the top three in order of priority on the Action Plan
- Identify at least two strategies to overcome or mitigate with each issue

Opportunity

Issue #1

Strategy

Issue #2

Strategy

Issue #3

Strategy

# Step 4: Action Planning (10 minutes)

- Examine the list of items under strengths and opportunities
- Identify top three in order of priority on the Action Plan
- Identify at least two strategies to sustain or make even better with each issue

Opportunity

Issue #1

Strategy

Issue #2

Strategy

Issue #3

Strategy

# Step 5: Combine Action Plans and put on a Calendar

- Prioritize the two lists of strategies
- Put action plan skill development strategies on a calendar showing when you will work on the s/w/o/t skill
- Identify a day every few weeks to assess progress and refine/adjust the plan!