FOR COACHES + CLUBS

DEVELOPMENT CULTURE™ SELF-ASSESSMENT.

Five pillars of whole-athlete development, and an honest look at where your program stands on each one today. There are no wrong answers. The goal is a clear picture of what you already do well and where you might want to grow.

HOW TO USE THIS ASSESSMENT

1. Read the framework

The five pillars below, then the rating scale and six lenses on page 2.

2. Score your program

Fill in the scorecard on page 3 and your notes on page 4. About 15 minutes.

3. Read your results

Page 5 shows where your scores point and helps you pick priorities.

Tip: have a few coaches and staff complete it separately, then compare. Where your answers differ is often the most useful conversation.

THE FIVE PILLARS

1	**Physical Development & Body Health.** Movement quality, coordination, balance, agility, strength, mobility, and nutrition and health knowledge appropriate to the athlete's age.
2	**Fundamental Sport Skills.** Sport skills taught progressively and intentionally, before competition demands them.
3	**Game IQ.** Reading the game, making decisions, solving problems, and understanding why, not just following instructions.
4	**Mental + Emotional Development.** Confidence, resilience, emotional regulation, and separating self-worth from performance.
5	**Character + Team Development.** Leadership, accountability, sportsmanship, communication, and contributing to something bigger than oneself.

ROOTED IN ONE IDEA: DEVELOP THE WHOLE ATHLETE, NOT JUST SKILLS FOR THE SEASON

Development Culture™ is a trademark of Rooted Academy.

HOW TO SCORE.

You'll rate each of the five pillars through six lenses. Every lens uses the same 1 to 5 scale, so a 3 means the same thing to everyone filling this out.

THE RATING SCALE

1	**Not yet**	Not intentionally addressed. If it happens, it happens by chance.
2	**Emerging**	Talked about, or done in a few places, but not yet planned.
3	**Developing**	It's there, but uneven. It depends on the coach, the team or the age group.
4	**Established**	Planned and mostly consistent, with a few gaps left to close.
5	**Embedded**	Planned, consistent and a clear strength. Every athlete gets it, every season.

THE SIX LENSES

1	**Overall Delivery**	How well do we deliver this pillar overall?
2	**Age-Appropriate**	Is it framed for each developmental age group?
3	**Consistency**	Is it consistent across every coach and team?
4	**Coach Support**	Do we give coaches the language and tools to deliver it?
5	**Club Communication**	How well do we communicate this principle to athletes and families?
6	**Parent Perception**	How would parents rate us on this pillar? Not sure? Write a **?** instead of a number. That answer is useful too.

YOUR SCORECARD.

CLUB / ACADEMY _____ **COMPLETED BY** _____ **DATE** _____

Write a score from **1 to 5** in each box, using the rating scale on page 2. In the Parents column, write a **?** if you don't yet have a way to know. Then circle your appetite to build each pillar.

PILLAR	1 Delivery	2 Age	3 Consist.	4 Coaches	5 Message	6 Parents	Avg	Appetite
1 Physical Development & Body Health								○ Not now ○ Interested ○ Ready to build
2 Fundamental Sport Skills								○ Not now ○ Interested ○ Ready to build
3 Game IQ								○ Not now ○ Interested ○ Ready to build
4 Mental + Emotional Development								○ Not now ○ Interested ○ Ready to build
5 Character + Team Development								○ Not now ○ Interested ○ Ready to build

Avg: add the numbers in the row and divide by how many you scored. Leave out any **?**.

PROGRAM NOTES.

For each pillar, jot down what it looks like in your program today: a program, habit or gap that comes to mind. These notes make the conversation after scoring much richer.

1 Physical Development & Body Health

2 Fundamental Sport Skills

3 Game IQ

4 Mental + Emotional Development

5 Character + Team Development

READING YOUR RESULTS.

On your scorecard, circle every **1 or 2**, and every **?** in the Parents column. Each circled score points to one of the three areas below. Write in the pillars where it showed up.

LOW SCORES IN LENSES 1 TO 3

PILLAR CONTENT + COACH PRACTICE

Age-appropriate guidance and simple session tactics so each pillar is taught on purpose, by every coach.

PILLARS FLAGGED _____

LOW SCORES IN LENSES 4 AND 5

COACH + CLUB MESSAGING

Shared language for coaches and a clear way to share your development philosophy with families.

PILLARS FLAGGED _____

LOW SCORES OR A ? IN LENS 6

PARENT MESSAGING MODEL + FEEDBACK LOOP

A planned rhythm for talking with parents about development, and a simple way to hear back from them.

PILLARS FLAGGED _____

OUR TOP THREE PRIORITIES

Start where a low score meets a strong appetite to build.

1 _____

2 _____

3 _____

GET YOUR FULL PROFILE

Take the assessment online for a scored grid you can save and share.

rooted-academy.com/assessment

TALK IT THROUGH

Want help building a development culture at your club? Reach out to Carrie.

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