



Goal-Setting Fundamentals

Why should you set goals and why is goal-setting important?:

- Increases effort and persistence
- Develops self-awareness
- Monitor progress/improvement (another method of feedback)
- Directs specific actions and attention

Types of Goals:

1. Training and Competition
2. Performance, Process and Outcome
3. Team and Individual
4. Academic, Lifestyle, etc.

Criterion for setting effective goals:

Use the SMART principle:

- **S**pecific
- **M**easurable
- **A**adjustable
- **R**ealistic (but challenging)
- **T**ime-based

Also...

- The **least effective** goals are totally outcome oriented (uncontrollable), very long-term, unimportant, not realistic & challenging
- The **most effective** goals are very short-term, controllable, personally meaningful and important
- Ultimately, goals should be monitored yearly, monthly, weekly & daily (use charts & tables, be creative!)

Goal Setting Worksheet

Outcome and Performance Goals

(What do I want to achieve?)

Athletes are encouraged to set a combination of performance, process and outcome goals. Factors beyond the control of the athlete may affect success in sport. These factors include the officials, playing conditions, the performance of teammates and the ability of the opponent. The key is to set goals for personal improvement (that aspect of sport the athlete can control) rather than simply outcome goals (ie: winning the game or beating an opponent, which are both aspects of the game that the athlete doesn't have complete control over).

Short-Term Outcome and Performance Goals

| Date | Goal | Target Date |
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Long-Term Outcome and Performance Goals

| Date | Goal | Target Date |
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Dream/Ultime Outcome and Performance Goals

| Date | Goal | Target Date |
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Goal Setting Worksheet
Process Goals
 (How am I going to achieve it?)

Establish short-term, long-term and dream goals that will focus on how you will perform at competitions. These goals should focus mainly on the process of performance (goals that focus on achieving personal best performances, goals that reflect an increased perceived ability, mastery of new tasks, or skill improvement)

Physical Goals

Determine physical aspect of your sport that you would like to improve on. Physical skills refer to those physical attributes that all athletes require for athletic endeavours such as strength, fitness, speed, agility, flexibility, balance and co-ordination

| Physical Skill/ State | Goal | Target Date | How will I assess/ monitor this goal? |
|-----------------------|------|-------------|---------------------------------------|
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Technical Goals

Establish the technical aspects of your sport that you would like to improve on. These refer to sport-specific skills.

| Technical Skill/ Element | Goal | Target Date | How will I assess/ monitor this goal? |
|--------------------------|------|-------------|---------------------------------------|
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Goal Setting Worksheet Process Goals, cont...

Tactical Goals

Establish the tactical components of your sport that you would like to improve on. These refer to your game strategies/ plays.

| Tactical Skill/ Element | Goal | Target Date | How will I assess/ monitor this goal? |
|-------------------------|------|-------------|---------------------------------------|
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Mental Skills

Establish the goals for the mental skills that you would like to improve on. Mental skills refer to the mental attributes that are necessary to achieve peak performance. These refer to things such as your use of relaxation or energizing techniques to achieve your optimal state of arousal, the setting and monitoring of goals, your use of imagery to improve performance, and your use of positive self-talk.

| Tactical Skill/ Element | Goal | Target Date | How will I assess/ monitor this goal? |
|-------------------------|------|-------------|---------------------------------------|
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