

Goal-Setting



Lesson Companion

Teaching this lesson? Here are some tips:

Tight on time? Stick with the 3 Key Takeaways and The Basics. These will provide your group with a solid foundation for understanding nutrition.

Have more time? Share the TrueSport Talk with your athletes and discuss how an Olympic athlete can relate to this lesson.

Extra time? Continue on through Tips & Applications for more valuable information to share with your group.

Looking for more? Explore the Downloads & Additional Resources which offer additional conversation starters and fun physical activities to support each lesson.

Goal-Setting



If you set a goal you're positive you can achieve, then you're not dreaming big enough. — Steve Mesler, Olympic gold medalist in bobsled

3 Key Takeaways

— 1 —

Successful athletes set goals and have planned a road map to help them achieve their goals.



— 2 —

Goals should be written down, assessed regularly, and adjusted if necessary.



— 3 —

Goals need to be challenging in order to be worthwhile.



The Basics

What are goals?

- Goals are designed to help you get to where you want to go.
- An aim or desired result; the object of a person's ambition or effort; the destination of a journey.
- They are the road map to your dreams, helping you achieve feats that otherwise might feel impossible or overwhelming.
- Goals can be focused on athletics, academics, health, personal development, careers, or anything else that is important to you.
- Research shows that when you achieve goals that are important to you, your feelings of well-being increase.



Jimmy Moody and his U.S. Olympic Fencing National Teammates set a long-term goal of becoming the first American team to ever earn a #1 world ranking. In order to do this, the team had to focus on a series of short-term goals to ensure they were making progress toward their long-term one. The team members collectively wrote down these goals and then agreed how they would be implemented. They trusted that these short-term goals, if regularly evaluated and changed if necessary, would help them meet their goal of a #1 world ranking.

Jimmy's personal long-term goal was to earn a spot at the Olympic Games. In order to try and reach this goal, he established short-term goals that included making the U.S. World and National Teams, both of which helped him get close to achieving his Olympic dream. To get to that point, he also set short-term goals for his daily workouts that kept him productive and focused every day.



TrueSport Talk Questions

- 1. What was the main point you took away from the lesson?*
- 2. How have you used the goal-setting process, like Jimmy does, in your own life?*
- 3. How can you set some goals this week that will enhance your sport experience or help you plan for the future?*

Additional Guidelines for Goal-Setting

WHEN YOU SET ANY GOAL, WHETHER IT'S TO MAKE THE SOCCER OR TEAM OR IMPROVE A GRADE IN MATH, IT SHOULD BE S.M.A.R.T.:

<p>Specific</p> <p>S</p> <p>G</p> <p>What do you want to do?</p>	<p>Measurable</p> <p>M</p> <p>O</p> <p>How will you know when you've reached it?</p>	<p>Achievable</p> <p>A</p> <p>A</p> <p>Is it in your power to accomplish it?</p>	<p>Realistic</p> <p>R</p> <p>L</p> <p>Can you realistically achieve it?</p>	<p>Timely</p> <p>T</p> <p>S</p> <p>When exactly do you want to accomplish it?</p>
--	--	--	---	---

Example 1:

I want to improve my overall math score from an 82 to a 92 (measurable and specific) by the end of the year (timely). I know I can do this because math is my favorite subject and I feel comfortable asking questions and staying for after-school tutoring when I need to (achievable and reasonable).

Example 2:

I want to become faster at running the mile by the end of the year (timely and measurable). I want to take my mile time of 9 minutes down to 8 1/2 minutes (specific and reasonable). I know I can do this because I plan to run every day and ask my coach for extra help if I need it (achievable)!

Goal Timelines



DAILY

Small goals to help you focus and accomplish things on a daily basis. Daily goals are the building blocks for short-term goals.



SHORT-TERM

Goals typically set for a shorter period of time: a weekend; two months, one season. Short-term goals are building blocks for the long-term goal.



LONG-TERM

Goals that focus on a longer period of time such as one year or more.

Goal Timelines (continued)

DAILY GOAL EXAMPLES:

Practice the same routine before a tennis serve (such as bouncing the ball twice); dribble the basketball with your non-dominant hand during skills practice; run as fast as possible during sprints at the end of practice.

SHORT-TERM GOAL EXAMPLES:

Be the most productive offensive player on the team; have no double faults during a tennis tournament; be able to dribble easily with both hands by the end of the season.

LONG-TERM GOAL EXAMPLES:

Make a traveling team or become a starter next year.

Goal Types



PROCESS

Smaller goals that are connected to specific skills, both physical and mental. Process goals are the building blocks for outcome goals.



PERFORMANCE

Slightly bigger goals associated with specific statistics that can improve performance.



OUTCOME

The largest goals, related to winning/losing a specific competition.

PROCESS GOAL EXAMPLES:

Arrive at practice with enough time to put on equipment and warm up for five minutes before coaching starts; breathe every third stroke (instead of every second) in freestyle; shoot 10 free throws at the end of every practice.

PERFORMANCE GOAL EXAMPLES:

Make 95% of free throws in competition; take five seconds off 100-meter freestyle time; run a mile in under 6 minutes.

OUTCOME GOAL EXAMPLES:

Win a game, a tournament, a championship.

Be sure to check out these additional resources available for download:

Chalk Talk (PDF)

10-minute activity: Practice setting goals with your athletes and learn why it's important to do so.

Activities (PDF)

Two, 20-minute activities: Two different activities for two different age groups will teach for the group to work together to set and achieve their goals.

Goal-Setting Worksheet (PDF)

15-minute activity: A goal-setting worksheet that athletes can complete in class, at practice, or on their own time.

Ten Keys to Goal-Setting (PDF)

Handout: A step-by-step reminder on how to set (and achieve!) SMART goals.

TrueSport Certificate (PDF)

Lesson Certificate: Celebrate your groups' completion of the TrueSport Goal-Setting lesson with this special certificate.