

Goal-Setting



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Goal-Setting Worksheet

Hand out the Goal-Setting Worksheet. You can either work on it together, or send them home with your students so they can work on them in their own time.

Suggestions

- *Setting goals to guide your progress as you prepare for your sport's upcoming season will help you have a more fulfilling, successful experience.*
- *Write down three long-term goals that you'd like to achieve by the end of the season. Remember they can focus on any area you'd like to improve, whether it's a specific skill, your contribution to teamwork, your effort at practice, or anything else that relates to your sport.*
- *After you name your three long-term goals, come up with three short-term goals that will help you reach your long-term one.*
- *Remember to keep all goals SMART (Specific; Measurable; Achievable; Reasonable; Timely).*

Once complete, you can have your athletes turn in their worksheets to you for safe-keeping. At the end of the season (or even throughout), be sure to set aside time to check in on each athlete's progress and goals. Try and offer suggestions for goals they could set for themselves next season and ways in which they could achieve them.

It's also a good idea to make copies of these sheets for the athletes to hang someplace where they will see them frequently. Good places for this include their bedroom, school locker, or locker room.

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No matter if you are preparing for your next season or are in the middle of one now, it is important to set goals that will help guide your progress. Keeping in mind that your long-term goals might be things you achieve at the end of the season and your short-term goals can help get you there, write down what you want to accomplish.

Be sure to keep them SMART and post them in a place where they are visible. And remember, it's always helpful to revisit your goals and revise them as necessary.

Goal-Setting Example for a basketball player:

LONG-TERM GOAL #1: Shoot 75% from the free throw line for the season.

SHORT-TERM GOAL: Shoot 50 free throws daily, outside of practice, and record my score.

SHORT-TERM GOAL: Visually rehearse shooting a perfect free throw ten times before going to sleep each night.

SHORT-TERM GOAL: Shoot 20 free throws daily after practice with my eyes closed to work on muscle memory.

LONG-TERM GOAL #1: _____

SHORT-TERM GOAL: _____

SHORT-TERM GOAL: _____

SHORT-TERM GOAL: _____

LONG-TERM GOAL #2: _____

SHORT-TERM GOAL: _____

SHORT-TERM GOAL: _____

SHORT-TERM GOAL: _____

LONG-TERM GOAL #3: _____

SHORT-TERM GOAL: _____

SHORT-TERM GOAL: _____

SHORT-TERM GOAL: _____