

Goal-Setting



Chalk Talk: Middle School

In order to reinforce the lesson and put TrueSport into action, complete the following Chalk Talk with your athletes.

Ben, age 11, has the long-term goal of making it onto the traveling team for the next soccer season. To do so, he needs to have a solid all-around game. Ben is a really strong defensive player but is not as fast as his teammates. Also, when he gets a scoring opportunity, he often becomes nervous and passes it to another player instead of shooting. What goals should he set for this soccer season to give himself the best chance for being chosen?

Suggested Questions:

1. What daily goals should Ben set?
2. What short-term goals should Ben set?
3. Should he talk to his coach about his long-term goal?
Why or why not?
4. Is it possible for a team to have excellent teamwork and still not reach its potential?
5. Should Ben be concerned about whether his current team wins or loses? Why or why not?

Goal-Setting



Chalk Talk: High School

In order to reinforce the lesson and put TrueSport into action, complete the following Chalk Talk with your athletes.

Leanne, who is a junior in high school, really wants to play volleyball in college. Her teammates don't share her goal, though, and they often skip strength training and goof off during drills when the coach isn't watching. Leanne doesn't want to lose their friendship, but she also doesn't want to lose sight of her long-term goal. How should she handle the situation?

Suggested Questions:

1. Should Leanne talk to her friends about her long-term goal?
Why or why not?
2. Should Leanne talk to her coach about her long-term goal?
Why or why not?
3. What short-term goals could Leanne make on her own to make her volleyball game stronger?