



GOAL SETTING

Step 1

Goal-setting meeting- Meet with the athlete(s) or team and find out what they would like to achieve for the season. **WHAT IS THEIR VISION.** The meeting should typically take place after a week of practice (2-3 practice days) so that coaches can assess their strengths and weakness and how can they improve.

GOAL SETTING KEYS

VISION

What do they want to achieve?

Remember the **VISION** is the end destination of what they want to achieve.

Example: Be a starter on the school soccer or basketball team.

WHY

Why do you want to achieve this goal?

Example: I've always dreamed of being a starter on the school soccer or basketball team.

BELIEVE

Do you believe you can do it?

If they are hesitant or unsure, this is the critical time where coaches can do positive reinforcement.

Help them to overcome the fear or what others think of them. (Very important with this process that **YOU BELIEVE IN THEM** and give them the support they need).

WHEN

When do you want to achieve your goal? Is it during the current season or long-term? Help them to set realistic timelines.

HOW

How do you see yourself achieving it? What will it take for you to accomplish this goal?

Find out their level of commitment.

Example: If their vision is to start on the school basketball team and you notice their dribbling skills need to improve, this is where the emphasis should be on practicing to develop this skill. How much time will they put into improving the skill not only in practice but on their own time?

COMMIT TO PAPER

Have every athlete write it down and post it somewhere at home so they can see it every day. This will be their vision board. They can also add pictures to the board or anything that will help motivate them.

Example: One of our young athletes had pictures of Olympic Athletes and motivational quotes to help her run her personal best in the 100 meters.