

Goal-Setting

It's no secret that the process of setting goals is an essential component of any athletic team's plan for attaining success. Setting goals helps both athletes and coaches establish purpose for practice, competition, and off-season and pre-season training. Simply put, goal-setting is effective because it helps individuals focus the intensity and direction of their efforts. Without clearly defined goals it is very difficult to know where you are going (or trying to go) and thus impossible to know when you get there.

So, how do you set goals that help you get to where you want to be?????

The following is a list of some key factors to consider when setting goals for training, practice, and competition.

Guidelines for setting goals:

- **Set both short-term and long-term goals**
 - Short-term goals help to increase focus in the here and now
 - Short-term goals also provide a basis for “instant” evaluation and feedback
 - Long-term goals promote continued focus and give athletes something to work toward throughout the duration of the season

- **Set Outcome, Performance, & Process goals**
 - Outcome goals are based solely on the end results. This usually involves a comparison between you and your opponent.
 - Ex: Wins and Losses
 - Performance goals refer to the athletic success (team and individual) that can be accomplished independent of others (usually set for competitions)
 - Ex: You can shoot an 85% field goal percentage regardless of whether the team wins or loses.
 - Process goals help you identify what you need to do to make it happen (individual skill-based steps, usually used in practice).
 - Ex: Follow through after every stroke, or shot
 - Ex: Be sure to complete my pre-hitting routine every time I bat (in practice and competition)

- **Set SMART goals**
 - Specific
 - Measurable
 - Identify a way to measure whether or not you are successfully accomplishing your goals. Vague goals are less effective.
 - Adjustable/Action-focused
 - Goals can be changed if they prove to be too easy or too difficult
 - Focus on what you want to accomplish versus what you want to avoid.
 - Realistic
 - Challenging yourself, but be realistic in your expectations
 - Time-based
 - Goals are dreams with a deadline. Hold yourself accountable for working toward your goal in a timely manner.