

# **S.M.A.R.T.**

## **Goal Setting Principles**

Goals should be:

**S : specific**

**M : measurable**

**A : adaptable & attainable**

**R : realistic**

**T : time based**

It's a very good idea to set goals with athletes of any age. Goal-setting helps improve athletes' motivation and commitment, helps them stay focused on what to accomplish, helps them assess strengths and weaknesses, as well as track their performance and improvement during a season.

Both the athletes and the coach should be involved in the process...sometimes it is even good to get the parents involved so they know what the team and their child goals really are from the get-go. And what should you as a sports parent do if you want your athlete to set goals, but the coach doesn't really put any focus on this issue?

Especially for teams, the goals should be clear right from the beginning. That way, parents and athletes are less likely to get upset, angry or feel hurt later on. To that end, setting team or program goals or guidelines for playing time is one example.

If the team is an elite travel team, and if the coaches are pro-active in saying right up front, 'Our goal is to win, therefore we won't have equal playing time for all and we will have extensive travel,' then that is better for everyone involved, as each player/parent can decide if this is the program (and the coaches) they really want to play for.

This also pre-empts the parent saying later, "My athlete isn't getting enough playing time". Or if parents do bring this up, the coach can diplomatically remind them that the goals and expectations were clearly set and communicated up front. Putting these in writing and distributing (sometimes even having parents & athletes sign that they received them) is a great idea as well.

If your athlete's coach doesn't set and use team or individual goals, and you think it's a good idea to set them, you may want to approach the coach in a diplomatic fashion. Rather than telling the coach he or she is doing something wrong, you might say, "Hey, I read a book on Sports Psychology about goal setting and I'd love to share it with you and see what you think."

Parents and coaches can and should help athletes set goals. And it's critical for them and the athletes to be on the same page when it comes to goal-setting. They need to establish: 1. Long-term or dream goals, 2. Intermediate, 3. Short-term, and 4. Immediate--or what is called "process goals". Process Goals helps athletes to stay grounded in the moment, which is crucial to building confidence.

Athletes should take a multi-disciplinary approach to improving. They can set many different goals beyond just improving their performance or scoring goals. Athletes can set practice goals, mental game goals, fitness and conditioning goals, as well as nutrition goals. One warning though.... perfectionists will set goals and see them as a task to master, and this could cause burn out. Instead, athletes need to see goals as general guidelines that can be continually evaluated and adapted.

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Goal Setting Worksheets

# Goal Setting Worksheet #1

Player Name: \_\_\_\_\_ Date: \_\_\_\_\_

Write down *one* SPORT GOAL for this season:

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Explain how each part of your SPORT GOAL satisfies each principle of SMART goal setting below:

**S** : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**M** : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**A** : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

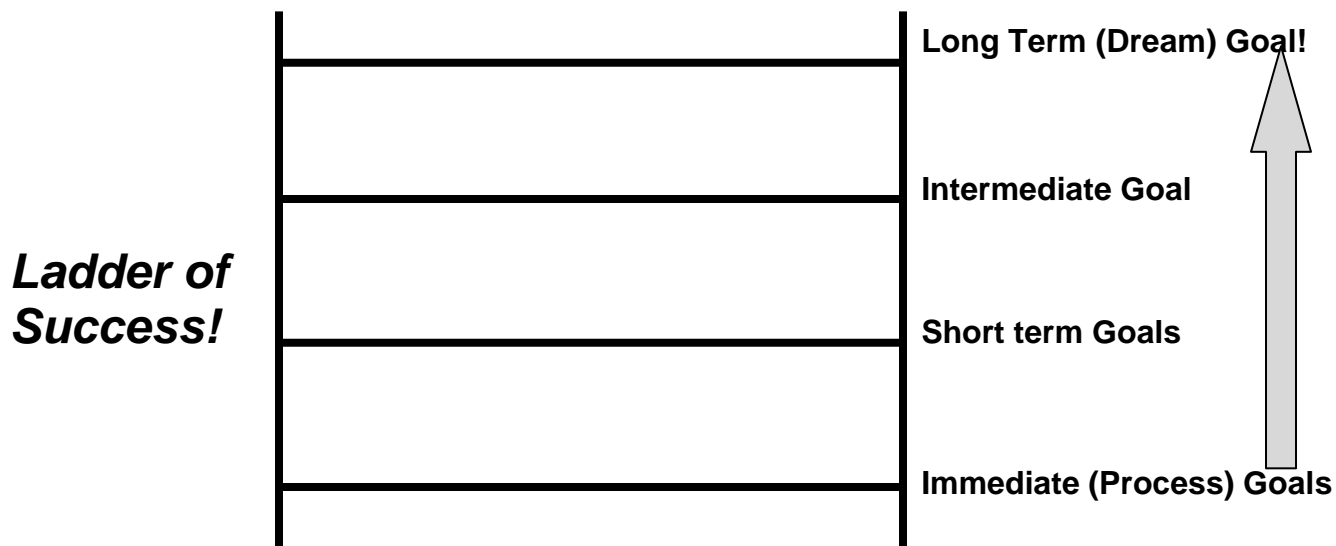
**R** : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**T** : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Goal Setting Worksheet #2

Player Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Create short term goals on the ladder below to reach your long term goal on the top rung.



2. List *two* places where you will post your goal so you will see it everyday:

A. \_\_\_\_\_

B. \_\_\_\_\_

3. List at least *one* person who you will tell your goal to – who will support you and hold you accountable to your goal:

A. \_\_\_\_\_

B. \_\_\_\_\_

## Goal Setting Worksheet #3

Player Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Write three (3) goals that YOU really want to accomplish!!!!**

**1) One sport goal:**

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**2) One academic/school goal:**

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**3) One goal of your choice (sport, academic/school, personal, etc.):**

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## Goal Setting Worksheet #4

Player Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Goal Setting Checklist

Take the 3 Goals from Worksheet # 3 and analyze each below by checking each box that applies to that goal.

	<u>GOAL 1</u>	<u>GOAL 2</u>	<u>GOAL 3</u>
• SPECIFIC.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• MEASURABLE.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• ADAPTABLE And ATTAINABLE.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• REALISTIC.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• TIME-BASED.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• SIMPLE.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• CHALLENGING.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• SHORT TERM to reach LONG TERM.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• PROCESS FOCUSED.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• WRITTEN DOWN.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• POSTED WHERE YOU CAN SEE THEM.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• TOLD TO OTHERS.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• RE-EVALUATED AND UPDATED.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>