



(3) Goals Commitment



3. Goals and Commitment

- Successful athletes set long-term and short-term goals that are realistic, measurable, and time-oriented.
- They are aware of their current performance levels and are able to develop specific, detailed plans for attaining their goals.
- They are highly committed to their goals and to carrying out the daily demands of their training programs.

Achieving Goals

- Where you are (A)
- Where you want to be (B)
- A plan
- Belief in the plan
- Belief in your ability to follow the plan
- Determination and commitment

Goal Setting Principles

1. Set specific goals
2. Set realistic, but challenging, goals
3. Set both long-term and short-term goals
4. Set goals for practice and competition
5. "ink it, don't think it"
6. Develop goal achievement strategies
7. Set performance goals
8. Set individual and team goals
9. Provide support for goals
10. Provide for goal evaluation.

Adapted from Robert S. Weinberg in *Exploring Sport and Exercise Psychology*

Goal Setting Principles: SMART

- S Specific
- M Measurable
- A Action-oriented
- R Realistic
- T Timed

Adapted from Ken Blanchard, *The One Minute Manager*

My Sport Goals

Lifetime Goals:

Three-Year Goals:

Goals for this Season:

Goals for Coming Month:

Obstacles I will have to overcome:

Resources I already have:

Resources I will need:

Actions I will take this week towards attaining my goals for this month:

Weekly Practice Goals

Athlete _____

Week of _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6							
7							
8							
9							
10							
11							
12							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

PM

Self-Evaluation of Competition

Athlete _____

Event _____

Date _____

Performance Goals	Mental Goals	Experience Goals

What went well?	What didn't go well?	What did I learn?	What will I now do differently?