

## Goal Setting

Effective goal setting can:

- Motivate
- Improve focus
- Increase effort
- Optimise performance
- Develop perseverance
- Improve performance
- Increase commitment to exercise and training programmes

### The SMART Principle

S

Specific → Targeting a particular aspect of performance to improve e.g. a sprinter setting a goal to improve the block start.

M

Measurable → You can know whether you have achieved the goal e.g. a time to beat or number of goals to score.

A

Achievable → Goal should be within the reach of the performer e.g. a netball centre making 5 or more interceptions per game.

R

Recorded → Should be written down so it is not forgotten or altered if it becomes difficult.

T

Time Bound → Putting a time limit on a goal e.g. score 10 goals by the end of the season.

#### **NOTE!**

Goals must also be reviewed to find if the athlete was successful or not. If they have been met, then new goals should be set to continue motivation. If they have not been met, then they must be evaluated to see why they unsuccessful and inform future training and goal setting.