Setting Goals

Setting Goals is the First Step in the GROW Approach

Over the next several Coach Notes, we'll be taking a closer look at each element of GROW: Goals + Relationships + Ownership = Winning. When setting goals, it's important to set both individual and team goals while considering goals in each of the following categories: physical, mental, moral and spiritual. The video to the right features Play Like a Champion Program Director Kristin Sheehan and Coach Rich Hoyt discussing the topic of goals and providing tips for setting goals in these areas.

Creating a plan to help athletes reach their goals is essential to success. We like the classic approach to setting SMART goals, which you can do with the help of this worksheet. Each goal should be:

1. **Specific** - Be clear about exactly what the athlete or team wants to accomplish and how they will do it. Start with a larger goal and break it down into the steps the athlete or team will need to accomplish in order to succeed. Have them write down their goal, create a timeline, and put it somewhere it can be seen every day.
2. **Measurable** - Make sure a goal is something concrete so that both athlete and coach can track progress over time. Being able to measure progress towards a goal holds the athlete accountable and helps to keep him/her motivated.
3. **Achievable** - Each goal should be both ambitious and realistic; challenging, but not so much that it is overwhelming. Make sure that each athlete's goal is something that he or she actually has control or influence over (the same goes for a team - remember that results may not be in your control!). Help the athlete to think about the obstacles he/she may encounter on the road to success and how they can be overcome.
4. **Relevant** - Why does achieving this goal really matter to the athlete? Everyone is more committed and driven about a goal that they are passionate about. This increases the likelihood of success.
5. **Timely** - Have a date by which the athlete or team wants to achieve the goal. Make sure the deadline is reasonable. This helps set a timeline and provides additional motivation.
Making sure your goals are specific, measurable, achievable, relevant, and timely helps you to strive towards self-improvements with the greatest chance of success.

Looking for a way to record and track the goals of your young athletes? Boston Catholic Athletics created a CYO Goals Sheet that offers a simple way for kids to write down their physical, mental and sportsmanship goals for the season, allowing coaches and athletes to evaluate progress throughout the season. Click the link above to download this PDF and use it for your own teams!

Keep in mind that discussing goals isn't something that just takes place before the season. For coaches entering winter seasons or beginning to prepare for spring seasons, now is a terrific time to assess your team and consider what you hope to accomplish. However, once you set goals with individual athletes or as a team, it's important that coaches follow-up on those goals routinely during the season to gauge progress, offer feedback and provide support. It's also critical that coaches evaluate goals after the season ends. For those who just completed fall seasons, now is a great time to assess how your athletes and team progressed throughout the season, then consider what goals returning athletes might set for the offseason and even how you might approach future seasons. Things can certainly change moving forward, but having goals (and a plan for achieving them) will keep athletes motivated even when the season is over.

But you, take courage! Do not let your hands be weak, for your work shall be rewarded.” ~ 2 Chronicles 15:7

Join Us for the 2nd Annual A Team for Every Child Showcase!

It’s not too late to RSVP and join us for tonight’s A Team for Every Child Showcase from 7:00 - 8:00 pm EST! Play Like a Champion will celebrate the power of sport to change the lives of our country’s most vulnerable children. We’ll be joined by Anders Lee, Captain of the NHL’s New York Islanders and other special guests to share the impact of youth sports. We’ll also be entertained with holiday music for a fun and festive evening! Click the link below to register for FREE and gather with us virtually this evening. Your support is critical to the success of our mission and we hope to see you there!
A Prayer for Coaches

God, Grant me the insight to see the potential in every player; Patience to encourage improvement; And character to always set a winning example. May those I coach always see You in my life and be brought closer to you through me. Amen.

Play Like a Champion's "Daily Prayers for Champions" page has been updated! Visit www.playlikeachampion.org/daily-prayers for more than 200 prayers plus resources that can help you and your team grow closer to God while participating in sports.

Access Resources & Learn More at www.playlikeachampion.org

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