

Homegrown Lacrosse

End of the Year Goal Setting Exercise for Players

1. Over the season, what items did you find success with? What are you good at?
2. Over the season, what things did you find challenging, both physically and mentally? Where can you improve?
3. What are your long-term goals as an athlete? What do you think you are capable of?
4. What are a few short-term goals that will help pave the road to your long-term goals?

