

Goal Setting

Goals Are Dreams, But They Are Dreams Being Acted Upon!

Only those who will risk going too far can find out how far one can go. (T.S Eliot)

- 1. Make goals specific, observable and in measurable terms** – Setting general goals such as improving your hitting percentage is easy but it becomes hard to determine how to go about doing this without specific criteria or directives. Specifying how and when to do things can help to this end. A measurable goal is one you can quantify, in the sense that you know exactly how close you are to achieving that goal. Observable goals are those that can be measured and are specific.
- 2. Clearly identify the time constraints** – Goals are ineffective unless you have a specified date or event to work towards. Is this goal to be accomplished by the end of practice? The end of the season? By nationals? Well stated goals should be timely.
- 3. Use moderately difficult goals** – Moderate goals are better than easy or very difficult goals because it pushes athletes to work hard and extend themselves in order to meet the goals. They are also more satisfying when attained.
- 4. Write goals down and regularly monitor progress** – Goals are ineffective if forgotten. Write them down being as specific as possible.
- 5. Use short-range goals to achieve long range plans** - Goal setting is much like climbing a mountain. The long range goal of reaching your main goal requires strategic short-term goals setting.
- 6. Set practice as well as competition goals** – It is important for the team and the coach to recognize the critical importance of effective practices to prepare for competition. Practice goals should match competition performance goals as often as possible. Goals related to work ethic and attitude during practice are essential.
- 7. Identify a goal-achievement strategy** – It is important to understand the difference between setting goals and identifying a strategy that will help you accomplish your goals. Be sure you are not just stating what you want, but also include how you plan to get there.
- 8. Seek support of goals** –In addition to the team coach, this usually includes other coaches, family, friends, teachers and teammates.
- 9. Learn To Imagine Your Goals** – Develop a stubborn consistency in pursuing your vision and an emotional commitment to what you are doing. The clearer you visualize and feel your goals, the more you kindle desire and gain inspiration for even greater effort.
- 10. Believe Your Goals & Believe Your Goals Will Be Reached** – The first step toward achieving a goal is to believe strongly that it can be attained-sometimes without hard evidence to support that belief. Establishing the personal confidence you need to believe is like hammering a long nail. One hit won't do it, to allow the confidence you need to sink in, you need to hammer it in again and again. Develop an unwavering belief that your goals will be reached.

DIVISION 1

VOLLEYBALL CLUB

	Goal #1	Goal #2	Goal #3
Long Term Goal			
Plan of Action			
Barriers			
Overcoming Barriers			
Short Term Goal			
Plan of Action			
Barriers			
Overcoming Barriers			

These goals are under my control. They are specific and attainable. My time-frame for achieving these my goals and seeing a difference is realistic, and I am willing to sit down and evaluate how my goals are progressing. I am committed to seeing this through, and getting the results that I want.

Signature: _____

Date: _____