

GUIDELINES FOR GOALS

COACHES: This exercise is geared for Pee Wee and Bantam players just getting into the goal setting process. It builds on the introductory exercise in the Squirt program.

1. USE POSITIVE TERMS

Goals should describe what you need to do, not what you should avoid doing. "Stay positive", is better than, "Don't be negative".

2. MAKE THEM PERSONAL

The purpose of *your* goals is to improve yourself in some way. No one has to understand them but you!

3. LIMIT THE NUMBER

Too many goals will cause confusion and divert focus, so limit the number to what you can handle at any one time, usually 5 to 8. You can always add more later.

4. FOCUS ON PERFORMANCE

Most of your goals should focus on performance or the process of improvement, as opposed to results. The problem with "results" goals is that circumstances outside your control, can impede their achievement. You can control how hard you try, but you can't control who wins the game. Focus on what you can control.

5. CHALLENGING BUT ATTAINABLE

The purpose of goals is to push you beyond your current level of performance. Challenge yourself to improve.

6. WRITE THEM DOWN

This increases the commitment. Once they are written down, goals becomes more difficult to ignore.

7. PRIORITIZE THEM

Planning means setting priorities. More progress is made by working on the most important things first.

LET'S SET GOALS!

This exercise is for more advanced players who have decided to make softball one of their main sports. It will help players clarify where they are going both long and short term, and what they need to do to get there.

ON THE LONG TERM

1. List the major events you would like to participate in over the next 3 years.
 - a) Local league/Tournaments
 - b) Provincial
 - c) National
 - d) International
2. Look back over the list again and circle those events you consider especially important to your personal development.
3. What level of player will you need to be to play in these preferred events?

Recreation Player	Average Player	Elite Player
1	2	3
4	5	6
7	8	9
10		

4. Describe the kind of player you would like to be 3 years from now. Where would you like to be playing, with whom, etc.?
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- 4.a What rating would you give yourself if you achieved that level?

Recreation Player	Average Player	Elite Player
1	2	3
4	5	6
7	8	9
10		

Based on the events circled in Question 1, and your desired level of play from Questions 3 & 4, write a few achievement goals to indicate the direction you would like to take in softball over the next 3 years.

These goals can help explain why you will keep training over the next 3 years and provide a reason to stay in the game.

WHAT	BY WHEN
1	
2	
3	
4	
5	
6	

REVIEW THESE GOALS TO ENSURE YOU HAVE INDICATED A TARGET DATE FOR EACH ONE.

5. Write down your closest long term goal(s).

5.a How good a player will you have to be to achieve this goal?

Recreation Player	1 2 3 4	Average Player	5 6 7 8 9 10	Elite Player
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ON THE SHORT TERM

6. Using the same scale, rate your present ability as a player.

Recreation Player	1 2 3 4	Average Player	5 6 7 8 9 10	Elite Player
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7. Describe the kind of player you would like to be at the end of this or next season.

7.a How would you rate yourself if you became that kind of player?

Recreation Player	1 2 3 4	Average Player	5 6 7 8 9 10	Elite Player
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8. In order to become the player you just described, what things will you have to be able to do that you can not do now?

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |

9. What will you need to improve to make sure you become that level player

SKILL IMPROVEMENTS
1
2
3
4
5
6
7
8

These goals should provide some direction for your softball training.

Now review the list again, and decide in your own mind what you need to do about each one. Will the goal require more EFFORT on your part? Or will it just require more INTENSITY from you? Do you need to elevate the QUALITY of work you do in that part of your game. Unless you need to learn additional skills, most of your goals can be accomplished with increased effort, intensity or quality of work. You decide. They're your goals.

Now transfer these goals, to a one page goal record form that you can refer to easily.