

**HIGH PERFORMANCE SOFTBALL  
SEASON GOALS**

**COACHES:** This is mainly for Bantam players striving for a CHAMPIONSHIP SEASON.  
Include all goals you feel you need to achieve in order to win. Remember to focus  
on the things you can control.

Be realistic - set challenging but attainable goals.

CATEGORY	GOAL	STATUS
<b>SKILL GOALS</b>  <b>Defence</b>    <b>Offence</b>		
<b>CONDITIONING GOALS</b>		
<b>MENTAL PREPARATION GOALS</b>		
<b>FINAL COMPETITION GOALS</b>		