

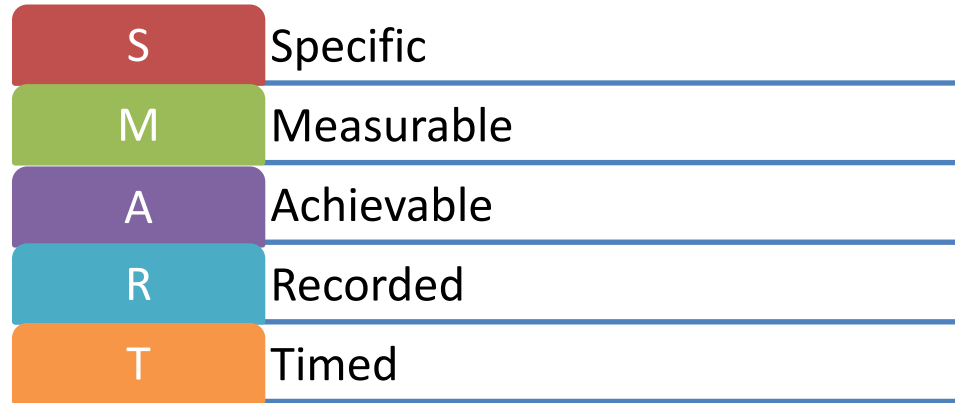


School Visits – Sport Psychology

Goal Setting

Things to remember about goals:

- There can be short and long term goals
- A goal should be important to you, don't make a goal you don't care about
- Keep your goals SMART



Specific

A goal should be clear about exactly what you want to achieve. Don't make it too broad or too vague

- Fix the goal below to make it more specific:

“I want to be a better football player”

- Now write you own goal that you want to work on:

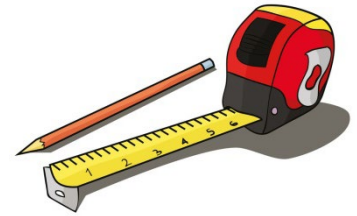


Measurable

Find a way to accurately measure the goal so we know if improvements are being made

Select the methods we could use to measure the goal below:

“I want to be able to run 10km in under 1 hour”



Measure	Yes or No
Time taken to complete a run	
Feeling of success	
Distance run	
Feelings of tiredness	

How will you measure your goal

Achievable

Goals should be challenging, never too hard or too easy

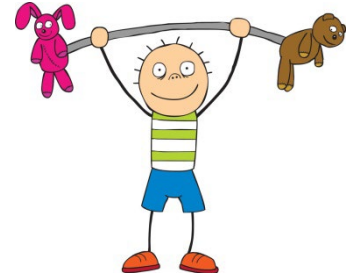
Rate these goals on a scale of easy to challenging
First time dancer - "I want to be in the royal ballet tomorrow!"



Christiano Ronaldo "I want to score one goal this season"



Where does your goal lie?



Recorded



Seeing how you've improved can motivate you to keep moving towards you goal

The table below shows an example of how you can record your goal.

“I want to run 10km in under one hour”

Week	Distance	Time
Week 1	5km	30 minutes
Week 2	6km	30 minutes

Use the black table below record the first few steps of your goal

Timed



Knowing there is a deadline for our goal can help keep us focused on working towards it

Fill in the times for goals below. Use the last space to fill in your own goal and when you will complete it

The goal	The time
Increase your back squat by 5kg	2 weeks
A first time runner running 5km	
A new tennis player making 50% of their first serves	
A marathon runner increasing their mile time by 1 minute	