Goal

Reference
Panel: Physics ‣ Soft Body ‣ Goal

Enabling this tells Blender to use the motion from animations (F-Curves, armatures, parents, lattices, etc.) in the simulation. The "goal" is the desired end position for vertices based on this animation.

See exterior forces for details.

Vertex Group

Use a vertex group to allow per-vertex goal weights (multiplied by the *Default* goal).

Settings

Stiffness

The spring stiffness for *Goal*. A low value creates very weak springs (more flexible "attachment" to the goal), a high value creates a strong spring (stiffer "attachment" to the goal).

Damping

The friction coefficient for *Goal*. Higher values give damping of the spring effect (little jiggle), and the movement will soon come to an end.

Strengths

Default

Goal weight/strength for all vertices when no *Vertex Group* is assigned. If you use a vertex group the weight of a vertex defines its goal.

Min/Max

When you use a vertex group, you can use the *Minimum* and *Maximum* to fine-tune (clamp) the weight values. The lowest vertex weight will become *Minimum*, the highest value becomes *Maximum*.

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