

- Achievement goals
 - Outcome
 - **▶** Aim
 - Intention
 - Purpose
- Subjective
 - Have fun, do as well as possible.
- Objective
 - Lift a certain weight, do a certain number of laps

Outcome

- They focus on the final result of a competition or event (win a race or a competition).
- Achieving these goals depends not only on one's efforts but also on a broad variety of factors (other competitors, referees' decisions).
- increased anxiety
- decreased self-confidence
- decreased control

Performance

- They focus on reaching performance levels that are compared to one's previous performances, thus they tend to be flexible and are controllable. Achieving these goals depends solely on our behavior.
- Less anxiety
- Increased self-confidence
- increased control

TYPES OF GOALS (2)

- ▶ Goals: How do they impact behavior?
 - Directly
 - Indirectly

WHY DOES GOAL SETTING WORK?

Goals

- Mobilize our efforts
- Direct attention towards elements relevant to the skill we are about to execute.
- ► Help develop new learning strategies
- Increase perseverance.

DIRECT MECHANISMS

- Goals
- Anxiety
- Satisfaction

INDIRECT MECHANISMS

- How?
 - Specific
 - Challenging but realistic
 - Short and long term
 - Performance goals
- What to do?
 - Write them down
 - Develop strategies
 - Take into consideration personality variables
 - Strengthen commitment
 - Reinforce them
 - Evaluate them

▶ Failure to establish specific goals

- Often goals are defined in a vague and global way. We should try to aim for numerical goals whenever possible, which help determine improvement in terms of a percentage or a number of repetitions.
- Establishing too many goals too soon
 - If athletes set too many goals too soon it is almost impossible for the coach to keep track and give individualized feedback. Setting too many goals often results in goals being abandoned.

▶ Failure to adjust goals

Once set, it is often hard to adjust goals. It is easier to adjust them upwards than downwards.

Failure to set performance goals

In competitive sports it is often harder to set performance goals than outcome goals. The former must be set during the whole season and should be evaluated alter success and after failure.

Lack of evaluation and follow-up

Lack of evaluation and follow-up is one of the main causes of failure of goal-setting programs. Goal-setting without follow-up and evaluation is only a waste of time and effort.

FREQUENT PROBLEMS (2)