



# THE **COMPLETE** 90

**GOAL SETTING**

YOUR ROAD MAP TO SUCCESS

## GOAL SETTING

### *Your Road Map to Success*

### *Let's Take a Road Trip.*

Goal setting CAN help in the pursuit for the final destination.

Before we go anywhere, a little planning needs to be done. Where do you want to go? How are we going to get there? Let's drive! What supplies are we going to need? Sunglasses, some money, snacks for the trip, CD's...

But don't forget the map. The easiest way to plan for a trip is with a road map. When using a road map you are in essence setting goals for the trip. The road map can:

- Locate specifically where it is you're going (long term goal)
- Determine how many planned stops to take along the way (Short-term goal)
- Tell you the alternate routes along the way, and
- Help locate tourist stops en route (you should always enjoy the journey)

Now, let's apply this to soccer. Similar questions should be asked of athletes before the take off on an athletic journey. Where will they want to be at the end of the season? What are they going to do physically and mentally in order to get there? What skills and tools do they need in order to reach their destination? This installment of the Mental Toolbox will help athletes plan their athletic journey with consistent use of goals.

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### *How Exactly Does Goal Setting Help?*

Good goal setting give an athlete an edge in three areas:

- Goals provide direction
- Goals provide feedback
- Goals motivate; provide a daily purpose.



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## **How Far Ahead Should An Athlete Look?**

Effective goal setting entails setting long-term and short-term goals; these goals will identify where the athlete is going and how they're getting there.

Athletes need to progress from a dream goal to a long-term goal. Long-term goals are typically one season to numerous seasons down the road; as in the road trip analogy the goal is the destination. One way to determine a good long-term goal would be to have a soccer player ask themselves the question "Where do I want to be at the end of the season or the end of high school or college?" Examples of the answer to the question can be in terms of having improved streamline by the end of the season, a set objective (minutes played / goals scored), earning a spot on a junior or national team.

In order to make the long-term goal seem less daunting, Short-term goals are set. Short-term goals are set for shorter lengths of time than long-term goals, usually between two weeks or a month. Short-term goals serve as a stepping-stone for the long-term goals. A good question for student/athletes to ask themselves is "Where do I want to be at the end of the month academically and athletically?"

Finally, short-term goals can also often feel far off, therefore something more within reach is needed to maintain focus and motivation. For these reasons it is also important to set daily goals. Daily goals are to be set every day in practice and in competition. Setting effective daily goals will help motivate and bring higher intensity to training. Daily goals can be set for both physical training and psychological skill development. A good question for an athlete to ask themselves is "Why am I going to training today, what do I need to accomplish?"

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## **Identify Outcome Goals and Task Goals**

Effective goal setting requires that athletes set both outcome and task goals.

Most athletes are good at setting outcome goals; an outcome goal is any type of goal directed at the end result. Soccer outcome goals are set when an individual or team focuses on winning a certain match, or beating an opponent in a game. Outcome goals are hard to control because they depend on both the ability and skill of the athlete and his/her opponents.

However, the soccer player has more control over task goals because they depend on their skill and ability only. Task goals are what the athlete has to DO (physically and mentally) in order to accomplish their outcome goals. Examples of task goals include being aggressive, going at their opponent with speed, taking a positive first touch. **(See exercise 2)**

Last year, the team placed second at Provincial Championship. This year's Provincial's Finals match is in 2 days and all the team is talking about is winning. The coaches and team say, "Nothing but first will be good enough." Because such a goal is out of his/her control, it would be more effective to get the team to focus on what they need to do to win the game. Team needs to focus on the tactics set out, first 15 minutes play direct (ugly), keep the ball in their half, keep 2 HMDF, take away the opponents top players, play aggressive, explode on the counter attack, attack with speed, by pass the midfield. If we can do this, the outcome will take care of itself.



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## Taking Action

Effective goal setting must involve not just a road map but a strategy to keep the goals “real” on a consistent basis.

When asked, athletes talk about goals such as wanting to win certain games, tournaments, making cuts, improving a specific aspect or their game, and taking their game to the next level. However, coaches need to help players progress from setting long-term and short-term goals to actually acting on these goals.

For example, when Santiago, a 10-year-old soccer player, gets to practice, one wonders if any of his goals are salient? Does he focus on his technique of passing and receiving during warm-up? Is he conscious of his body position as he receives the ball? Or, is he “passing”, merely on the field doing the workout that his coaches instructed him to do? Training to train, or training to be better?

Once a goal setting “map” had been established, the next critical piece is to keep the athlete accountable to these goals. Doing this is largely a matter of creativity and finding a means of accountability that will work for athletes. Some examples of ways to keep goals at the forefront so they are acted upon include:

- Complete weekly goal setting forms
- Developing a goal chart
- Write goals on visible items such as water bottles or caps
- Verbalize goals to teammates, friends, and family (See exercise 6)

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## Evaluate your Goals

Effective goal setting requires athletes to regularly evaluate progress towards their goals, note success along the way, and modify if necessary.

Let’s go back to the road map analogy, where the goal is to drive from Colorado Springs to Myrtle Beach. Suppose you take off bright and early in the morning with your trusty roadmap in hand. On day one, your goal is to make it to St. Louis by sundown. However, outside of Kansas City there was an accident and you end up sitting on the interstate for 2 hours. At what point, if ever, will you stop to assess your progress and re-evaluate your goals?

Back in rehab, Tristan, the star player on the team, developed an injury and only rehabbed for the month of September. At what point should he reassess his goal of improving fitness or passing technique? Tristan will only be disappointed and frustrated if he only evaluates his training based on his original goal of improving his technique and passing rate.



Goals are meant to provide direction, give feedback on progress and motivate. To ensure they serve this purpose, goals must also be flexible. It is necessary to evaluate goals at several points during the soccer season. Set up specific dates for your athletes to monitor their success and to make changes if needed.

## Team Goal Setting

Effective team goal setting includes both the coaches and the athletes. Team goal setting allows the players to be supported by the group and the group goals in their individual athletic pursuits.

The goal setting terms thus far have all been in reference to individual goals. Individual goals are very important, but as a soccer player, it is also important to set team goals. Team goals define a desirable state for the group at the end of a certain length of time. Team goals can guide how individual goals are set. Both athletes and coaches can be included in the team goal setting process. If the coach sets the overall team goals, it is important to include the players in setting group goals for their specific training group. After the group goals are set the athletes can then set their individual goals as a reflection of the group and team goals. (See exercise 7)

### Coaches Guide:

#### Key Points to Emphasize when Introducing Goal Setting to Your Athletes

- Ask your players to define GOALS. Have them discuss why they set goals. Then, discuss additional ways that goals can help performance.
- Teach your players the importance of Systematic Goal Setting (using different lengths and types of goals) and give examples of elite athletes to stress your point.
- Discuss, in detail, the tips of effective goal setting as outlined above.
- Have the players complete the goal setting exercises, included at the end of the booklet.
- Brainstorm ways for the team to “stay on top of” the goal setting plan.

Every day, for three years and ten months, I wrote at the top of my training log, ‘I work harder than anyone else, that is why I will be an Olympic Medalist!’ I also wrote down specific goals for every competition and every day and week of training. These goals were very specific and focused on MY performance, not my competitors. Having these goals was the only way I was able to get through all my injuries (operations and bone breaks), and stay focused enough at the Olympics to win a medal. There were so many days when I just wanted to sleep in, but having my training goals made me head into rehab or weight training instead. At the Olympics, simple goals kept me intense and focused. Goal setting seems like more work, but if I didn’t do it, I wouldn’t have a medal around my neck today.

#### Olympic medal winner in London



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## Goal Setting Exercises

To help you understand and use goals more often in practice and competition several goal setting worksheets and recording sheets have been included. Feel free to pick and choose which ones work best for you. The sheets have been included to get athletes started on effective goal setting; feel free to modify the forms by incorporating your own ideas into your goal-setting program.

**Exercises 1 and 2** are targeted toward older players; they are designed to bring home differences between short and long term goals and outcome and task goals.

**Exercise 3, 4 and 5** are targeted towards younger players. The main purpose of these exercises is to get the younger players thinking about short and long-term goals and emphasize how one type of goal influences the other.

**Exercise 6** can also be used with any age group. Setting and recording daily goals is important. Daily goals can be recorded in many different ways. One way of recording daily goals is on a 3x5 card.

**Exercise 7** is designed for creating individuals goals as a reflection of team goals. Once your players have set group goals for the season, have them set goals to further progress towards the group and team goals. Then ask you athletes what they can do daily as individuals to further progress towards the group and team goals.

Finally, at the end of this booklet, some training log templates have been included and will be described in more detail there.

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## **Goal Setting Exercise 1: How Far should I Look Ahead?**

Long-term goals tell you where you want to go and short-term goals tell you how you are going to get there. Both are important for effective goal setting. Try this exercise to help you breakdown your long-term goals.

**1. What is one of your long-term goals for this season?**

**2. What are the abilities or skills you need to achieve this goal?**

a.

b.

c.

**3. What can you do between now and the end of the season to develop those abilities and skills?**

a.

b.

c.

**4. What will you do this week to develop those abilities and skills?**

a.

b.

c.

**5. What can you do next practice to develop those abilities and skills?**

a.

b.

c.

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## **Goal Setting Exercise 2:**

### **Moving Beyond Outcome Goals to Task Goal Setting**

Outcome goals tell you where you want to be, which can help motivate. But, on a daily basis, they do not tell you what you need to DO.

#### **1. Start with an Outcome**

Choose an upcoming game, and pick a challenging but not impossible outcome goal (win, score, minimize unforced errors, assist). Write that goal down in detail here:

#### **2. Moving From Outcome to Task Goals**

How can you maximize your chances to achieve this goal? Write down three things (i.e. Positioning, concentration, good breakfast, plenty of sleep) you can do at or in the game in order to increase your odds of achieving the outcome goal.

1. I will: \_\_\_\_\_

2. I will: \_\_\_\_\_

3. I will: \_\_\_\_\_

[You have just gone from goal setting to task goal setting.]

#### **3. Practicing the Task Goals in Training**

What can you do in practice between now and your competition to increase your chances of achieving your three competition tasks? Write down two things to focus on in practice that will gear you towards your competition task goals.

For example, if your competition task goal is to hold a specific role or task, you might focus on specific type of passing, in practice.

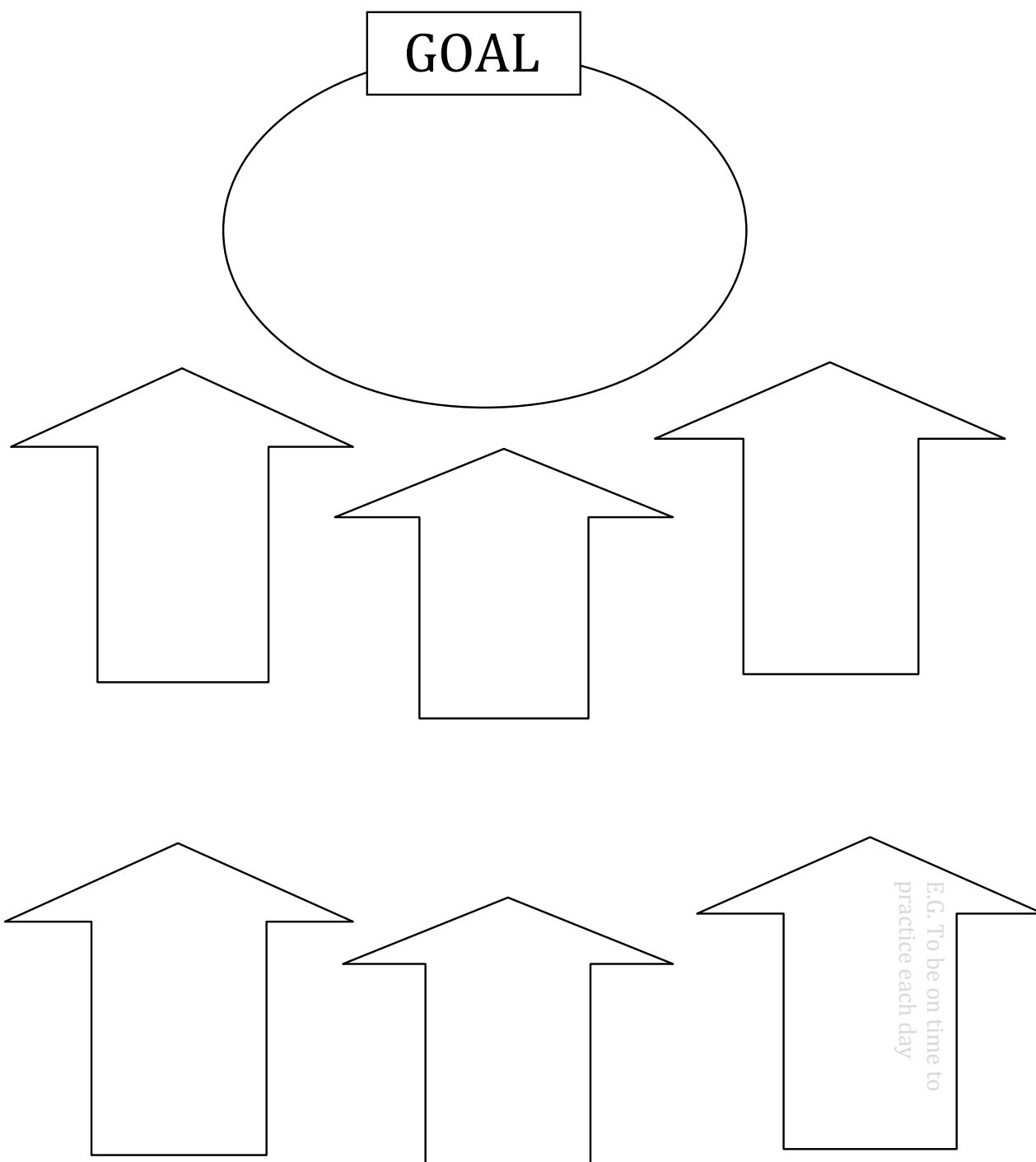
1. In training, I will; \_\_\_\_\_

2. In training, I will; \_\_\_\_\_



## Goal Setting Exercise 3: Stepping Stone Exercise

Write your long-term goal in the Oval. The arrows all point towards the goal. Use the arrows as stepping stones and write down your short-term goals that will lead to your long-term goal.



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### **Goal Setting Exercise 4: Make Dreams Reality**

In the box provided write down your dreams as a soccer player. Then underneath write down four things you can do today in practice to bring you a little closer to your dreams.

***My Dream List:***

***Four things I can do today to help me reach my dreams:***

- 1.
- 2.
- 3.
- 4.

## Goal Setting Exercise 5: Shoot for the Stars!

Use the goals setting rocket to help define your  
Dream goal(s), long-term and daily goals



<p><b><i>Dream Goals</i></b></p> <p>Play for the national team? Obtain a Full scholarship</p>
<p><b><i>Long Term Goals</i></b></p>
<p><b><i>Short Term Goals</i></b></p>
<p><b><i>Daily Goals</i></b></p>

## Goal Setting Exercise 6: Daily Goal Setting Cards/Sheets

### Setting S.M.A.R.T. Goals

Specific	Measurable	Achievable	Realistic	Timely
<b>S</b> <b>G</b>	<b>M</b> <b>O</b>	<b>A</b> <b>A</b>	<b>R</b> <b>L</b>	<b>T</b> <b>S</b>
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

**My goal today:**

**What do I need to do physically to accomplish my goal?**

1.

**What do I need to do mentally to accomplish my goal?**

1.



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## **Goal Setting Exercise 7: Team, Group and Individual Goals**

**Name:**

**Date:**

### **Team Goals for Season:**

1.

2.

3.

### **Group Goal(s) for upcoming season:**

(What can we do as a group to work towards the team goals?)

1. Examples - Winning mentality, All we want to do is WIN!!!!!!!!!!!!!!

2. Example - Defend as a unit (Team), Attack as a unit. Being accountable and responsible to work within our principles of attack and defending.

3.

### **Individual Goal(s) for season:** (What can I do as an individual to work towards both the team and group goals?)

1.

2.

3.

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## ***Keeping Track of Progress***

### ***Training Logs***

An important aspect of setting goals is writing them down and making them real. One way to help track goals is by maintaining a training log. This written log of daily activities serves as a way to help maintain a more systematic focus on all aspects of training and competition. Training logs can include information about both physical and mental practice and goals. Benefits from keeping a training log include:

- Developing a better sense of how you spend your practice time
- Knowing where improvements are coming from
- Increasing your motivation to keep working, and
- Heightening your awareness at competitions

On the next pages you will find some sample training logbook pages. Note that logging will take place both before and after each practice and before and after games or showcases. Player's are responsible for managing this log.

Feel free to make copies of any of these sheets and try them.

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## **Training Log Book**

### **Before Practice**

#### **Physical Training Goals:**

- 1.
- 2.
- 3.

#### **Mental Training Goals:**

- 1.
- 2.
- 3.

### **After Practice Evaluation**

#### **Physical Training Goals - Accomplishments:**

#### **Physical Training Goals - Things to Keep Working on:**

#### **Mental Training Goals - Accomplishments:**

#### **Mental Training Goals - Things to Keep Working on:**

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## Training Logbook

**Date:**

### This Weeks Goals:

1.

2.

3.

4.

5.

### Strategies for Attaining Goals:

1.

2.

3.

4.

5.

### Obstacles That Might Prevent Me from Achieving Goals:

1.

2.

3.

4.

5.

### Self Evaluation:





\_\_\_\_\_

[illegible]



**NOTES:**

[illegible]