Goal Setting

Specific - Goals should be clear and well-defined. For example, instead of "get faster," a specific goal would be "improve 100m time by 0.5 seconds".

Measurable - It must be measurable, otherwise how will you know if you reach your goal? Establish a way to track progress, like using time, distance, or repetitions.

Achievable (or attainable) - Goals should be challenging but attainable, pushing the athlete without being discouraging. An unattainable goal will crush hope/motivation.

Realistic - Goals should align with the athlete's overall objectives and aspirations.

Timely (or time-bound) - Set deadlines for achieving goals to create a sense of urgency and focus. If there's no deadline, there's no pressure to put in effort.

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Process-based goals VS. Outcome-based goals

Process - based goals: focused on the **actions, habits, and behaviors** that lead to improvement.

Examples:

- Do preventative strength exercises 3x per week
- Stretch every night before bed
- Drinking 8 glasses of water daily
- Sleeping 8 hours a night before practice

Outcome - based goals: focused on the **end result** or final achievement.

Examples:

- Winning or finishing in a specific place in the competition
- Break 60 seconds in the 400m
- Get a PR
- Qualifying for a championship

Daily:

Short Term:

Medium Term:

Long Term:

What coach can do: