

# A: ASPECTS OF GOAL SETTING



# GOAL SETTING

## SPECIFIC



- Train a specific aspect of your performance in a sport and make a goal for it
- e.g. a striker working on improving heading in football

## MEASURABLE



- A performer can measure their progress in that specific aspect of their performance
- e.g. a cricketer counting how many balls they can hit for a boundary, per game

## ACHIEVABLE

- Goals are not set out of reach and will lower your motivation if they are not completed
- e.g. a hockey player aiming to increase goals scored by one (every two games)

## RECORDED

- Physically writing results down
- e.g. a basketballer counting how many shots they can hit from the same position, tracked in a spreadsheet

## TIMED



- A performer is giving themselves the right amount of time to reach a goal. Too little/much time will result in less motivation
- e.g. a netballer seeing how many times they goals they can defend in a season

## B: BENEFITS OF GOAL SETTING

**TO MOTIVATE PERFORMERS**  
Goal setting can inspire and drive performers to achieve their best and can be useful in motivating them to follow exercise and training programs. In order to motivate, goals must follow the **SMART** principle and be exciting and realistic.

**FOR EXERCISE AND TRAINING ADHERENCE**  
Goal setting has been shown as an effective method in ensuring that those people who wish to exercise or train to improve fitness, health and performance are more likely to stick to their training routines. **Goals that are too easy can result in performers not feeling achievement and goals that are out of reach can result in the performer dropping out**

**TO IMPROVE PERFORMANCE**  
Goals that follow the smart principle often lead to higher levels of performance, but goals should be incrementally more difficult over a period of time. Short term goals must be realistic but challenging for best improvements.

**ACHIEVING GOALS**  
Achieving a goal can result in high levels of satisfaction. After achieving a goal you should always aim higher and keep going. Never stop after achieving a short term goal. Failing a short term goal can result in a lack of motivation and focus.