

2 minute drill *for athletes*

monthly tips from Positive Coaching Alliance

S.M.A.R.T. Goals

Most athletes and coaches recognize the value of goal setting, but they fall into the trap of setting outcome goals. Placing in the top three at a competition is a great example of an outcome goal. There is another category of goals, “effort” goals. Examples of effort goals are sprinting after ground balls or boxing out after a shot. Generally speaking, you will feel a greater sense of confidence and control when striving for effort goals.

Effective goal-setting isn’t always easy. It’s helpful to remember the commonly used acronym, S.M.A.R.T., as a reliable guide.

Specific – Is the goal tangible and specific? Will I know if I’ve done it?

Measurable – Is the goal easily measured?

Attainable – With hard work, is the goal in the realm of possibility?

Relevant – Is the goal relevant to where I am right now?

Timely – Is there a definitive completion date?

Once you have set your S.M.A.R.T. goals, take the following three steps:
Write them down, tell your coach about them, and chase them relentlessly!

The skill of S.M.A.R.T. Goal Setting can help you not only in the world of sports, but also at home, in the classroom, and in the community. You will quickly see how much more you can achieve when you have S.M.A.R.T. Goals in place.

adapted from the PCA *Double-Goal Coach: Coaching the Mental Game* workshop



to purchase books by PCA Executive Director Jim Thompson, please visit:
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