

2 minute drill for coaches

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, players tend to 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?

Encourage your players to:

- 1) Write it! Put it down on paper.
- 2) Tell it! Make teammates aware of the goal.
- 3) Chase it! Be relentless.

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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