



Keywords

Word	Definition
Goal setting	Setting targets
Outcome goal	A goal set against the performance of others and based on a result.
Performance goal	When the athlete sets a goal to better their own performance rather than comparing to others.
Process goal	Based on improving technique.

Key skills

- Discover strategies that coaches and players can use to prevent the negative psychological influences that could hinder team performance. Including the principles of effective goal setting.

Goal setting

Benefits of goal setting

1. Increasing motivation and making sure that the participants in the sporting activity keep on trying (task persistent).
2. Improving confidence since the performer can experience an improvement in technique or in results as the target is reached.
3. Regulating and sustaining effort. As the player continues to strive to reach a target, they might begin to try harder as the goal nears completion.

Types of goals

Outcome or product goals

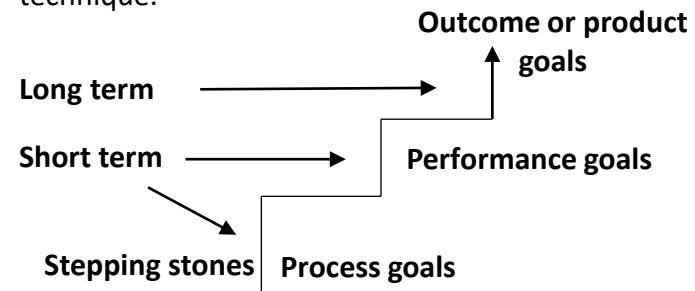
These goals concern the results and are success-based.

Performance goals

These goals are judged against other previous performances in an attempt to improve personal achievements, rather than being based on a comparison with others.

Process goals

These goals are concerned with improvements in technique.



Factors to consider when setting goals

The SMARTER principle

Specific: Goals should be specific to the performer and the sport. They should be clear and relevant to improve specific aspects of performance.

Measured: Distances, times or number of passes – the performer should have access to statistics. Measurement allows the performer to see how much progress is being made towards completing the goal.

Achievable: The performer should be able to reach their goal. By reaching the target with a controlled amount of effort, motivation and self-satisfaction are improved.

Realistic: Goals should be within reach to promote motivation and sustain effort, yet not too difficult so that they are impossible to reach.

Time-bound: Short term and long term steps should be clearly defined so that there is a clear deadline to access if the goal has been reached.

Evaluate: Consider how and when the goal was reached to aid future targets set. Consider which methods were successful and which were not.

Re-do: If the goal has not been reached, the target can be adjusted to help ensure future success.

Example of goal setting



A rugby tackle could be a specific target to improve a player's defence.

Pathway

Previous knowledge: Personality, attitude, achievement motivation, confidence and self-efficacy, attribution, social facilitation and inhibition, arousal, anxiety, stress management, aggression, leadership, group dynamics and cohesion.

Future links: from teaching sequence

Careers: from curriculum narratives

Cross curricular links