

Goal Setting Worksheet

1. Write down your strengths in your chosen sport. Ask yourself “What am I good at?”

 2. What do I need to improve?

 3. Choose one technical skill and one physical attribute you would like to improve
 - a) Technical skill
 - b) Physical attribute

 4. Use SMART principles to write a goal for:
 - a) **Technical skill**
S
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T

 - b) **Physical attribute**
S
M
A
R
T
- Specific** - must be clear and exact
Measurable - must be able to measure it
Action-oriented – must have actions attached to goal
Realistic – must be real and challenging
Time-focused – must set deadlines
5. How can you incorporate goals into your everyday program?

 6. Establish ways you are going to achieve these goals