

# Goal Setting and Competition Focus

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NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## Outcome Goals

### My three most important Outcome Goals for the 2005–2008 Quadrennial period.

1. \_\_\_\_\_ Date: \_\_\_\_\_
2. \_\_\_\_\_ Date: \_\_\_\_\_
3. \_\_\_\_\_ Date: \_\_\_\_\_

### The three most important matches required for these Goals?

1. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
2. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
3. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_

### My three most important Outcome Goals for the current year (2006).

1. \_\_\_\_\_ Date: \_\_\_\_\_
2. \_\_\_\_\_ Date: \_\_\_\_\_
3. \_\_\_\_\_ Date: \_\_\_\_\_

### The three most important matches required for these Goals?

1. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
2. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
3. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_

### My three most important Outcome Goals for the next three months.

1. \_\_\_\_\_ Date: \_\_\_\_\_
2. \_\_\_\_\_ Date: \_\_\_\_\_
3. \_\_\_\_\_ Date: \_\_\_\_\_

### The three most important matches required for these Goals?

1. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
2. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
3. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_

### I am going to use these additional matches for training towards my Goals.

1. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
2. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
3. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
4. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_
5. Event \_\_\_\_\_ Score/Result \_\_\_\_\_ Date: \_\_\_\_\_

# Self Assessment

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**The Standards of Success.** When I look at athletes at the top of my sport they possess the following specific mental and physical performance skills. (Include all those you believe adds to their achievement of those goals.)

## Technical Skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Mental Skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Physical Skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Tactical Skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Nutritional/Fitness Skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**My Strengths.** These are the strengths I currently possess which allow me to excel in each of these areas.

## Technical Skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Mental Skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Physical Skills**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Tactical Skills**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Nutritional/Fitness Skills**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Performance Goals.** These are the specific skills and techniques I must develop in my performance abilities to achieve my sport's Standard of Success.

**Technical Skills**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Mental Skills**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Physical Skills**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Tactical Skills**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Nutritional/Fitness Skills**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Most Important and Critical Improvements.** These are the one or two improvements in my skills which are most urgent and critical to making a positive difference to my Outcome Goals.

1. Area \_\_\_\_\_ Skill \_\_\_\_\_  
\_\_\_\_\_

Three steps to attain this Performance Goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three Affirmations to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

2. Area \_\_\_\_\_ Skill \_\_\_\_\_  
\_\_\_\_\_

Three steps to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three Affirmations to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

**Next Most Important Improvements (6 mos.).** These are the one or two improvements in my skills which are most urgent and critical to making a positive difference to my Outcome Goals?

1. Area \_\_\_\_\_ Skill \_\_\_\_\_  
\_\_\_\_\_

Three steps to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three Affirmations to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

2. Area \_\_\_\_\_ Skill \_\_\_\_\_  
\_\_\_\_\_

Three steps to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three Affirmations to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

**Long Range Important Improvements (12 mos.).** These are the one or two improvements in my skills which are most urgent and critical to making a positive difference to my Outcome Goals?

1. Area \_\_\_\_\_ Skill \_\_\_\_\_  
\_\_\_\_\_

Three steps to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three Affirmations to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

2. Area \_\_\_\_\_ Skill \_\_\_\_\_  
\_\_\_\_\_

Three steps to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three Affirmations to attain this Performance Goal

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

# Daily Training Focus

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Identify at least three actions, drills, or techniques for each heading to be used in your daily training to develop each specific skill. You will use these names in your daily training plans.

## Technical Skills

1. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
2. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
3. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_

## Mental Skills

1. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
2. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
3. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_

## Physical Skills

1. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
2. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
3. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_

## Tactical Skills

1. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
2. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
3. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_

## Nutritional/Fitness Skills

1. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
2. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_
3. Name \_\_\_\_\_ Description \_\_\_\_\_  
\_\_\_\_\_

**Other Training Drills**

1. Name _____	Description _____
2. Name _____	Description _____
3. Name _____	Description _____
4. Name _____	Description _____
5. Name _____	Description _____
6. Name _____	Description _____

Place these training drills into to your weekly training schedule.