LIMBER SPORTS PERFORMANCE

# GOAL SETTING FOR ATHLETES



#### WHAT IS A GOAL

Attaining a specific level of mastery in a task within a specified time period.

# TYPES OF GOALS

- PROCESS: focus on <u>how</u> to achieve a skill
- PERFORMANCE: focus on improvement against <u>oneself</u>
- OUTCOME: focus on external outcomes & competition results
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# OUTCOME GOALS

- Largely depend on the performance of others
- Less controllable than process/performance goals
- Can lead to anxiety and distraction

## PERFORMANCE GOALS

- Involve comparison to your past performances
- Self focused rather than opponent focused
- Can increase intrinsic motivation & self confidence





#### PROCESS GOALS

- Tend to be used more often in training
- Encourage process orientated thinking in competition
- Enhance skill refinement

### TAKE HOME TIPS

- Create performance, process & outcome goals
- Prioritise your goals
- Use specific goals for training vs competition
- Create many process & performance goals to achieve each
  outcome goal



#### WHAT ARE YOU WAITING FOR? GET STARTED!

Reference: Weinberg R, Butt J. Goal setting and sport performance: research findings and practical applications. In: Hackfort D, Papaioannou AG, editors. Routledge companion to sport and exercise psychology: global perspectives and fundamental concepts. International perspectives on key issues in sport and exercise psychology. Hoboken: Taylor and Francis; 2014.

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