

GOAL SETTING FOR ATHLETES

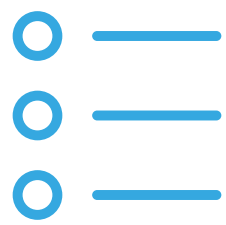


WHAT IS A GOAL

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

TYPES OF GOALS

- **PROCESS:** focus on how to achieve a skill
- **PERFORMANCE:** focus on improvement against oneself
- **OUTCOME:** focus on external outcomes & competition results



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

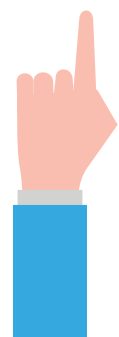


PROCESS GOALS

- 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!