



Champion Coach Note: Goal - Getters: Setting Goals for the Season

When considering expectations and goals for your team and your season, it is essential to be S.M.A.R.T! Goals shouldn't be limited to the start of the season – they should be reviewed and revised throughout the season. At the beginning of the season, set the tone of the importance of goal setting by meeting with your team and encouraging them to verbalize and write down both individual and team goals. Goals give your players a specific target and help to hold them accountable. Remember to have goals meet five criteria, making them SMART goals:

- **Specific** – if possible, quantify the goal and make the language as specific as possible. In other words, don't make the horizon too broad. What exactly do we want to accomplish?
- **Measurable** – goals must be supported with evidence that they have been attained. When will we know when we have reached our goal?
- **Attainable** – will we, as a team, be willing to and capable of putting in the work necessary to achieve this goal?
- **Realistic** – do we have the attitude and skills to meet this challenge?
- **Timely** – stress a time frame for improvement or development and make sure to set a date to evaluate whether or not that goal has been achieved. How long should we be working toward this goal?

If you haven't already, your challenge this week is

A yellow rectangular box containing the text "PLAY LIKE A CHAMPION TODAY" in a bold, black, sans-serif font.

Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now.

~**Denis Waitley**

Visit our website for more information:
<https://playlikeachampion.nd.edu/>

this: sit down and have a brief meeting with your team. Give them a few post-it notes, a poster board, or have them fill in a web on a whiteboard with their own goals for the season – and write down your own at the same time. You may be surprised with the results! Keep a record of these goals (post them visibly in the locker room or classroom) and reference them from time to time at practice. Don't limit goal setting to just the performance of the team. Encourage your athletes to articulate relationship or team-building goals, service goals, and spiritual goals (Ex. Improve my left-footed shot by practicing for 5 minutes at the end of every practice; Ex. Say one encouraging thing to a teammate every practice etc...). Challenge your captains or team leaders to meet separately and to build their own list of leadership goals. Make everyone accountable!

Goal setting can encourage your team to push themselves to the limit and positively grow as athletes and individuals as the season progresses. So be S.M.A.R.T and set the bar high for your team this season!