



Goal Setting Exercise

This exercise will help your athletes set S.M.A.R.T goals that you can work with them to track throughout the season.

What's a S.M.A.R.T goal?

It's an acronym that describes the various attributes a goal should have to ensure maximum probability of success. The actual adjectives that the acronym stands for differs depending on the circumstances. They are all listed here, with the most common definition in bold.

S - specific, significant, stretching

M - measurable, meaningful, motivational

A - attainable, achievable, acceptable, action-oriented

R - realistic, relevant, reasonable, rewarding, results-oriented

T - time-based, timely, tangible, trackable

To perform this exercise, make one copy of the below worksheets for each member of your team. Explain to them why goal setting is important:

1. Goals give you a target to aim for
2. Goals help you concentrate your time and effort
3. Goals provide motivation, persistence and desire
4. Goals help you establish priorities
5. Goals provide a roadmap to take you from where you are to where you want to be

Use the first sheet for academic goals, and the second for athletic goals. Review this goal setting sheet at the mid-season point, and again at the end of the season.



Goal Setting Exercise

My Academic Goals

Name: _____

Team: _____

1. List three academic goals you want to accomplish this year. All goals should be specific, measurable, attainable, realistic, and time-based. (ie. "I will get an A in Biology in the first semester of this academic year" or "I will achieve perfect attendance between now and the end of the year")

Goal #1:

Goal #2:

Goal #3:

2. Why do you want to accomplish these goals (ie. What are the benefits to you?)



Goal Setting Exercise

3. What are the expected obstacles standing between you and these goals?

4. How will you overcome each of these obstacles?

5. Whose help will you enlist to help you achieve these goals?

Player Signature: _____

Coach Signature: _____



Goal Setting Exercise

My Athletic Goals

Name: _____

Team: _____

1. List three athletic goals you want to accomplish this year. All goals should be specific, measurable, attainable, realistic, and time-oriented. (ie. "I will attend every practice between now and the end of the season" or "I will improve my 40-yard-dash time from 5.0 seconds to 4.7 seconds by September 1st)

Goal #1:

Goal #2:

Goal #3:

2. Why do you want to accomplish these goals (ie. What are the benefits to you?)



Goal Setting Exercise

3. What are the expected obstacles standing between you and these goals?

4. How will you overcome each of these obstacles?

5. Whose help will you enlist to help you achieve these goals?

Player Signature: _____

Coach Signature: _____