

Athlete Leadership: Foundations of Learning



Issue 1: Goal Setting

Every soccer player and team wants to improve their performance. Learning to improve as an individual or a team is a **Process** that requires **Time, Patience, Perseverance** and an **Eagerness to Learn**.

What tools can I use to improve performance?

Goal Setting is a fantastic tool to help you focus in on meaningful targets for improvements and ultimately success. When we begin to set and accomplish our goals, it helps build our confidence and improves our performance. A popular method of goal setting, is using the **S.M.A.R.T** Goal method. This method is used to create criteria to help improve chances of succeeding in accomplishing a goal.

SPECIFIC: Knowing exactly what you want to accomplish can increase your commitment to meeting your goal.

What: What is it exactly that you want to accomplish?

Why: Why is it that you want to accomplish this goal. How does it bring you closer to your ultimate aspiration?

Where: Where do you need to be to reach your goal?

When: Every goal must have a time frame.

Which: Which environment must I surround myself with to accomplish my goals? What resources would I need?

MEASURABLE: Having a measurable goal also helps you keep track of your progress and have more clarity on the next steps. You need to be able to know when you have accomplished your goal.

ATTAINABLE: Goals need to be realistic. The goal should be challenging and hard to reach, but also should be achievable and within your reach. You should ask yourself: How realistic is this goal? Is this goal attainable and achievable?

RELEVANT: Goals need to be relevant to your ultimate aspiration. If your goal is to become a professional soccer player, your goal shouldn't be to practice your bowling skills. You also need to decide whether it's the right time to attempt this goal or if your goal is helpful for your development.

TIME-BOUND: Goals needs to have a time-frame. It needs to have a target date to demand focus to it and add more motivation for you to reach that goal within that time period. Your goal should also include ways you can work on achieving it on a monthly, weekly, daily, or even yearly basis.



***NO MATTER WHAT HAPPENS DURING THE
PROCESS...BE PERSISTANT.
THE ONLY PERSON YOU SHOULD STRIVE TO BE
BETTER THAN IS THE PERSON YOU WERE
YESTERDAY!***

