



Sports Performance 15

‘THE SCIENCE OF SPORT AND FITNESS’

Unit IV Sports Psychology

MENTAL TRAINING

GOAL SETTING



PACKAGE



GOAL SETTING

“What do I want to strive for today?”

1. An _____ **or objective** you are trying to _____
2. Goal setting is about mapping out your _____ to success.
3. Goals give a _____.
4. Raise feeling of _____.
5. Become more _____.

Key to goal setting:

Motivation

6. _____ motivated
7. _____ motivated
8. _____ motivated

Motivation – a belief or _____
that drives you.



Components of motivation:

- a) _____ – how strongly do you feel
- b) _____ – is it for you? Fun, personal best.
- c) _____ – championships, trophies, money.

Goal setting and performance:

9. Goals direct _____ and _____.
10. Goals regulate the amount of _____ put into a task.
11. Motivates athletes to develop _____
_____ to reach the goal.

Types of Goals:

12. _____ Goals

- a. Relate to _____ versus others.
- b. _____ on winning/losing.
- c. Result oriented.
- d. _____ to control.



13. Performance Goals

- a. Whole performance _____ of others.
- b. Specific **end product** of the performance
Ie. Take only _____ shots
- c. Relatively _____ to achieve.



14. Process – _____ Goals

- a. Specific _____ the athlete will execute, before, during and after performance activity.
Ie. What do I need to do to achieve a qualifying time?
- b. _____ goal, _____ goal, physical goal.
- c. Relatively easy to _____.

15. Collective (team) vs _____ Goals

- a. Should _____ as both are important to performance.

16. Goal Setting Guidelines:

- a. **Know** what you want to _____.
- b. Set _____ **term** and _____ **term goals**
- c. Know your _____.
- d. Set _____ goals.
- e. _____ down your goals.
- f. Create goals that will _____ **to higher levels of performance.**

17. Be SMART or SMARTER when setting goals:

- S** be _____
- M** be **Measurable**
- A** be **Adjustable**
- R** be _____
- T** be _____ **based**
- E** be **Exciting and challenging**
- R** be _____

