Types of Goals

Outcome Goals: a goal focusing on a result or comparison with someone else

*Example: I want to be ranked as the best in the world by the next Olympics.*

Performance Goals: goals that focus on comparing and improving your own past performances

*Example: I want to improve my pressure play this season by successfully executing passes when pressed defense in every practice and game.*

Process Goals: goals that focus on specific procedures you go through during performance

*Example: I will practice my emotional control when faced with adversity by using a breath and then my focal point during every practice and game this season.*

Long-Term Goals: goals that focus on a longer time range

*Example: By next season, I will be a more consistent performer and be a top rated player in my sport.*

Short-Term Goals: goals that focus on a short time range achievements to support the long-term goals

*Example: By the end of the week, I will have practiced for 20 hours or more.*

Daily Goals: goals that focus on daily achievement to support short-term goals

*Example: Today, I am going to focus and compete with intensity every minute of every drill in practice.*

SMART Goals: Helps athletes understand how to be successful at setting goals

**S**pecific (focus on individual components of the goal)

**M**easurable (to know when goal is accomplished)

**A**djustable (after attempting can be readjusted if not able to accomplish)

**R**ealistic (can be accomplished based on current ability)

**T**imed (add a due date)