

SPORTS PSYCHOLOGY

GOAL SETTING

Self-Talk

Your Way to Success

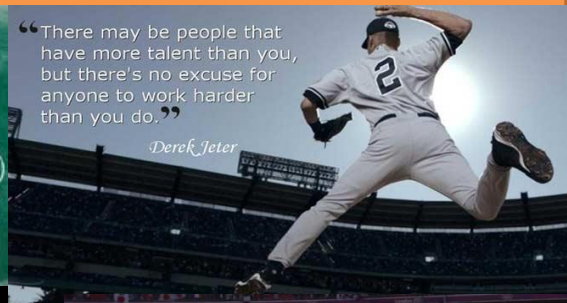
I CAN...

- develop skills
- lose weight
- enhance performance
- reduce stress
- control emotions
- create change
- stop smoking
- improve health
- change beliefs



"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do."

Derek Jeter



- S SPECIFIC
- M MEASURABLE
- A ATTAINABLE
- R RELEVANT
- T TIME-BOUND

WHAT WOULD YOU ATTEMPT TO DO IF YOU KNEW YOU COULD NOT FAIL?

PROFESSOR SCHILLER

WHETHER YOU THINK YOU CAN, OR THINK YOU CAN'T, YOU'RE RIGHT.



I HATED EVERY MINUTE OF TRAINING, BUT I SAID, "DON'T QUIT. SUFFER NOW AND LIVE THE REST OF YOUR LIFE AS A CHAMPION."

- MUHAMMAD ALI

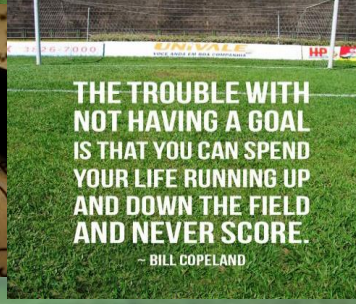


STOP BEING AFRAID OF WHAT COULD GO WRONG AND START BEING POSITIVE ABOUT WHAT COULD GO RIGHT.



THE TROUBLE WITH NOT HAVING A GOAL IS THAT YOU CAN SPEND YOUR LIFE RUNNING UP AND DOWN THE FIELD AND NEVER SCORE.

- BILL COPELAND



Make sure your worst enemy is not living between your own two ears.



4. Goal Setting

Goal setting is the process of deciding on something you want to achieve, planning the steps to follow that will help reach the goal, and then working towards achieving the goal.

Use of Goal Setting

Goal setting can be used;

- Before performance
- During performance
- After performance



4. Goal Setting

There are **3** types of goals that can be set:

Outcome

Focuses on the outcome of performance e.g. making the finals, winning a particular game.

Performance

Personal targets that an athlete sets for himself to achieve during the performance e.g. complete a round of golf with only 3 bogeys, kick 3 goals in a game of soccer

Process

Focus on specific aspect of a performance e.g. keep head down when batting in cricket, and or follow through after a free throw in basketball

4 KINDS OF GOALS

Process

Outcome

Short-term

Short-Term Process Goals

- *Less than a year
- *The process
- *All factors are under your control

Short-Term Outcome Goals

- *Less than a year
- *The end-result
- *Includes factors that are out of your control

Long-term

Long-Term Process Goals

- *More than a year
- *The process
- *All factors are under your control

Long-Term Outcome Goals

- *More than a year
- *The end-result
- *Includes factors that are out of your control

The Goal Setting Process

There are at least 3 processes which guide effective goal setting – SMART, SMARTER, and SCCAMP.

S.M.A.R.T

Specific – Clear, unambiguous goals to focus on

Measurable – Need to be able to be assessable to see if progress is happening

Action - orientated – The actions required to achieve desired goal are clear

Realistic – Goals need to be achievable and within the athlete's capacity

Time Phased – Specific date for completion needs to be set

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Time Phased – Specific date for completion needs to be set

Effective – Capable of attaining desired results.

Reviewed – Goals are monitored and adjustment made if necessary

The Goal Setting Process

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S.C.C.A.M.P.

Specific - Clear, unambiguous goals to focus on

Challenging - The goal should be challenging to the individual

Controllable – The goal must be under the athlete's sole control and not dependant on others.

Attainable – The goal should be realistically attainable.

Measurable – Progress can be measured eg improved times, distances.

Personal - Goals are set based on the ability, confidence and motivation of the individual.

