

Athlete Goal-Setting Process



- 1 Players write "SI Article" for the season
- 2 Explain outcome/effort goals
- 3 "Seed" discussion with examples of both
- 4 Players fill out PCA Goal-Setting Sheet
- 5 Coach reviews and helps refine
- 6 Agree to by-when and check-in dates
- 7 Evaluate and adjust goals as needed

On-Going: Share your own goal-setting with players

PCA Goal-Setting Sheet



GOAL:

By when?

<u>S</u>	<u>M</u>	<u>A</u>	<u>R</u>	<u>T</u>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACTION PLAN:

- ---
- ---
- ---
- ---

Check-In Dates: