GOAL SETTING IN SPORT
GOAL SETTING

Goal setting is the process of setting targets and laying down a plan on how to achieve them.

- Long term goals
- Intermediate goals
- Short term goals
BENEFIT OF GOAL SETTING

- Strong Motivation
- Clear Planning leads to BETTER PERFORMANCE
- Ensures discipline
- Better focused
PROCESS vs. OUTCOME GOALS

- Goals about the ultimate result may be set, but must be backed with goals about the process (how we play and prepare)

- Setting only outcome goals could put undue pressure on the players performance and upset his focus from the task on hand
TEAM GOALS vs. PERSONAL GOALS

Should we set team goals or encourage personal goals in a game like cricket?
AREAS OF GOAL SETTING

- Technical
- Tactical
- Physical
- Mental
- Personal (lifestyle)

Set multiple goals, but have your priorities clear
SMARTER GOAL SETTING

- **S** specific
- **M** easurable
- **A** greed
- **R** realistic
- **T** imed
- **E** xciting
- **R** ecorded

GOALS SHOULD ALWAYS BE POSITIVE

- Maintain a diary, Give rewards, reset if necessary.