First Name:_____   Last Name:_____

REC1050-L22 – Goal Setting Strategies

Goal Focus

There are three types of goals: Outcome goals, performance goals, and process goals. Separating goals helps organize your thought process and allows you to focus on what you want to accomplish.

An **outcome goal** is a goal that isn't under your control. It's the big picture. For example: Being the most dominant defensive player on the field.

Performance goals are what you are trying to achieve. They are the building blocks that help you reach your outcome goal. To be the most dominant defensive player you can, for example, try to win 100% of your 50-50 balls or be on your opponent within two seconds of them having the ball.

Note: A "50-50 ball" is a ball which, during the run of play, is roughly equidistant between two oncoming opponents and is likely to result in a challenge unless one player is successful in getting to it first or the other player backs off.

Process goals are completely under your control. They are the small steps you take to get to the performance and outcome goals during each training session or game. For example, in order to win 100% of your 50-50 balls, you can work on 3 or 4 days a week to improve your strength. In order to pick up your man more quickly, you can use focus, concentration, and communication to read the ball and your opponents.

Goal Specificity

When setting a goal, it is important to define what it is you are working on.

General (Poor) Example: I want to get stronger.
Specific (Good) Example: I want to bench press 150 lbs, 10 times.

Goal Difficulty

"The danger is not to set your goal too high and fail to reach it. It's to set your goal too low and reach it." – UFC welterweight champion Georges St-Pierre

Goal Valence

Valence, as used in psychology, means intrinsic "good"-ness (positive valence) or "bad"-ness (negative valence). For example, the emotions popularly referred to as "negative", such as anger and fear, have "negative valence". Joy has "positive valence".

Frame your goal statement positively. If you want to improve your three-pointers, say "I will improve my three-pointer shot success rate" rather than "I'll stop missing easy shots".

Goal Proximity

Goals general fall into one of three categories: (a) Short-Term, (b) Long-Term, or (c) "Do your best". Regardless of your goal proximity, it is important to track your progress towards your goal.

Goal Venue

Goals typically fall within one of two venues: (a) training, or (b) competition. Competition based goals can be more outcome based.

Goal Collectivity

Individual goals refer to the goal set by an individual. An entire team might have a collective goal, requiring all individuals in the collective to work together.

Individual Performance Goal: "I will improve my number of successful passes".
Collective Performance Goal: "The team will have more successful passes".