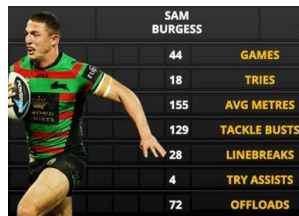


Paper 2: Goals setting and SMART targets

Performance Goals	Outcome Goals
<p>Focuses on your own personal performance. You can compare yourself against what you have already done:</p> <ul style="list-style-type: none">Considered better than outcome goals as there is no comparison with other performersBecause the focus on improving personal performance, the overall standard of performance will increaseThey are more motivating than outcome goals as they do not rely on others	<p>Focuses on the end result such as winning, they are literally the desired outcome of a game or match:</p> <ul style="list-style-type: none">They can be used to motivate advanced players to achieve the desired resultSome performers can be so focused on the end result their individual performance decreasesAs an individual you do not always have control over the end result as it often relies on others performance (you may play well but still lose)

Sporting Examples



A performance goal can be to improve the AVG (average) metres made during the next match



An outcome goal can be to win the next game



A player may have an outcome goal to win. They may play really well but still lose the game



A beginner may have a performance goal of having the correct grip during their next match



A player may have an outcome goal to win, this may put pressure on them and lose focus decreasing their performance



An elite performer may use an outcome goal to motivate them to success

Goal Setting

Why?

To keep the performer motivated

To help the planning of a successful training sessions

To keep the performer focused

Monitor progress

To make the performer have the feel-good factor

SMART TARGETS	Explanation	Application
<div>S</div> <div>Specific</div>	<p>The goal must be clear, it cannot be vague e.g. 'I want to get better.'</p> <p>It has to be clear and focus on what you want to improve</p>	<p>To improve the percentage of successful passes in football</p> <p>To improve my cardiovascular fitness so I can last a full game without getting tired</p>
<div>M</div> <div>Measurable</div>	<p>In order for your goal to be successful it must have something that can be measured</p> <p>This can be time, distance or numbers</p>	<p>I want to get an average of a 90% successful pass rate in football</p> <p>I want to improve my 12-minute cooper run score by 150m</p>
<div>A</div> <div>Achievable</div>	<p>The goal you have set must be achievable by you. Avoid setting targets that are too difficult as this will be demotivating</p>	<p>I currently achieve an 85% successful pass rate I need to improve by 5% this is achievable</p> <p>I currently run 2650m in the cooper run. I hope to achieve 2800m</p>
<div>R</div> <div>Realistic</div>	<p>The goal set must be realistic and one that is possible given all the factors involved such as your fitness level, the time required and the facilities available</p>	<p>An extra 5% success rate is realistic as I am practicing extra passing drills</p> <p>I will be training an extra session on my cardiovascular fitness to run an extra 150m</p>
<div>T</div> <div>Time Bound</div>	<p>Goals must have a time frame to complete. You need a cut-off point to when you want to achieve it so you can see the effect of the training</p>	<p>I am going to achieve a 90% successful pass rate by the end of the season</p> <p>I will improve my 12-minute cooper run by 150m in six weeks</p>