Goals

In order for an athlete to improve their level of skill (and, therefore, performance), it is important that they set themselves goals. These goals can either be performance- or outcome-based and the difference between the two is outlined below.

Outcome-based goals

Goals which are concerned with how well an athlete performs in comparison to other athletes or the result of a competition, e.g. to reach the finals of a tournament







Performance-based goals

Goals which are concerned with how well an athlete performs a given task and do not require comparisons to other athletes, e.g. to improve your slice serve so that 60% of your serves go in







Evaluation of Goals

- The two types of goals can be used together
- Outcome goals are considered to be the least effective types of goals because they can be affected by external factors, e.g. how well the other team plays
- Outcome goals can be demotivating
- Performance goals are more appropriate for beginners

SMART principle of goal setting

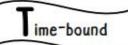
When setting goals for yourself or for an athlete/team, it is important to remember that goals should always be SMART!



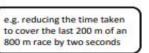














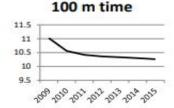
i.e. measures can be taken before and during a training programme in order to track progress



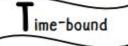


i.e. the coach and athlete discuss the goal and come to an agreement





i.e. the athlete has the ability and resources to achieve the goal; this can be achieved by setting a goal based on their previous progress





i.e. a time frame is agreed upon in which the athlete should reach their goal



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