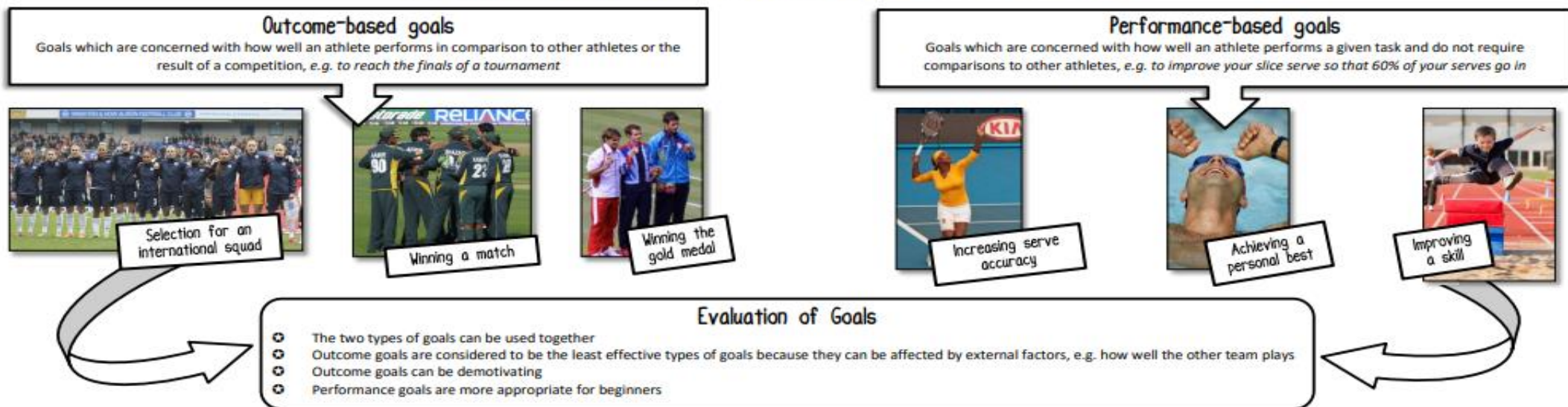


Goals

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.



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!

S pecific	M easurable	A ccepted	R ealistic	T ime-bound
e.g. reducing the time taken to cover the last 200 m of an 800 m race by two seconds	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