



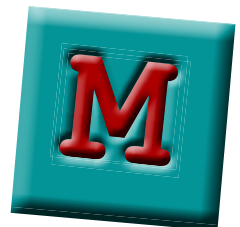
GOAL Setting

By Noel Callaghan

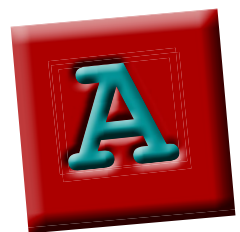
Make your vision and dreams come true with “Goal Setting”. Goal setting is one of the most important skills taught to athletes in order to help them achieve optimal performance. The goal-setting process helps athletes understand where they **ARE** currently and where they want to **GO**. Athletes need to set systematic goals that focus on process and performance rather than the outcome of a specific tournament or match. Goal setting needs to be written down and then worked on effectively.



SPECIFIC When creating a goal you need to be very ‘specific’. Don’t just write, “I want to be better at tennis”, define precisely what you want for eg., “I need to ensure that I am able to hit a minimum of 5 quality balls in every rally to cut down on my unforced errors” therefore the player might aim to hit with more topspin, have bigger margins - don’t hit so close to the lines or hit more balls cross court.



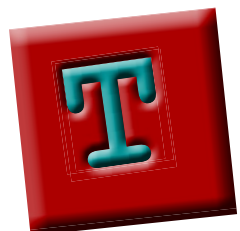
MEASURABLE The point of setting “measurable” goals is making sure that you can tell, weekly or monthly, whether you are making progress or whether you need to adjust what you are doing. Your progress towards your goal can be measured by not only yourself, but also your coach, parent or fellow athlete. Use numbers as your measuring stick for eg., 5 quality balls can be increased to 7.



ACHIEVABLE Many times when creating goals people tend to “shoot for the moon”. Make sure your goals are challenging, but realistic. Assess your current abilities and set a goal enough beyond yourself to challenge you and make you want to work towards it, therefore make sure you are able to make progress and always stay positive, have the utmost faith in yourself in order to achieve the goal.



RELEVANT Your goals should be important to you. Don’t set a goal just because your tennis friends have set goals. Your goals are **YOUR** motivation to follow through so make sure they are important to you and this is something that you really want.



TIMELY Every goal should have a completion date. If you don’t do this it’s too easy to just keep putting it off to ‘one day’. Goals have been called ‘dreams with a deadline’, so set a timeline for you to achieve each of your goals. For eg., “I will have a kick serve in 10 weeks”.