



Goal Setting Worksheet

How Exactly Does Goal Setting Help?

Good goal setting gives you an edge in three areas:

1. Goals provide direction.
2. Goals provide feedback.
3. Goals motivate; provide a daily purpose

How Far Ahead Should you as an Athlete Look?

Effective goal setting entails setting long-term and short-term goals; these goals will identify where you are going and how you are going to get there.

In soccer, it is fun and important to dream. Dream goals allow you to project years into the future without any limits. For example, making the U.S. National Team is a dream goal for many young American players.

Athletes need to progress from a dream goal to a long-term goal. Long-term goals are typically one season to numerous seasons down the road. One way to determine a good long-term goal is asking yourself the question; “where do I want to be at the end of the season? Examples of the answer to this question can be in terms of having an improved physical strength by the end of the season, a goal ranking, making a specific performance standard, or earning a spot on a particular team.

In order to make the long-term goal seem less daunting, short-term goals are set. Short-term goals are set for shorter lengths of time than long-term goals, usually between two weeks and a month. Short-term goals serve as stepping-stones for the long-term goals. Setting short-term goals allow you to monitor success towards the long-term goals. A good question to ask your self is; “Where do I want to be at the end of this month?”

Finally, short-term goals can also often feel far off; therefore something more within reach is needed to maintain focus and motivation. For these reasons it is also important to set daily goals. Daily goals are to be set every day in practice and in competition. Setting effective daily goals will help motivate and bring higher intensity to training. Daily goals can be set for both physical training and psychological skill development. A good question for you to ask yourself is; “what do I want to accomplish in my training session today?”

Establishing goals of different lengths

1. What are your dream goals?

- a. _____
- b. _____

2. What are your long-term goals?

- a. _____
- b. _____

3. What are your short-term goals?

- a. _____
- b. _____

4. What are your daily goals?

- a. _____
- b. _____

How Far should I Look Ahead?

Long-term goals tell you where you want to go and short-term goals tell you how you are going to get there. Both are important for effective goal setting. Try this exercise to help you breakdown your long-term goals.

1. What is one of your long-term goals for this season? _____

2. What are the abilities or skills you need to achieve this goal?

- a. _____
- b. _____
- c. _____

3. What can you do between now and the end of the season to develop those abilities and skills?

- a. _____
- b. _____
- c. _____

4. What will you do this week to develop those abilities and skills?

- a. _____
- b. _____
- c. _____

5. What can you do next practice to develop those abilities and skills?

- a. _____
- b. _____
- c. _____