The Use of Goal Setting and SMART Targets – *The Impact of Sports Psychology on Performance*

Sharks

Values of goal setting

Goal Setting

Why?

- To keep the performer motivated
- To help the planning of a successful training sessions
- To keep the performer focused
- To make the performer have the feel-good factor
- Monitor progress

SMART TARGETS

S	Specific
M	Measurable
A	Achievable
R	Realistic
T	Time Bound

Specific

Explanation:

- The goal must be clear, it cannot be vague e.g. 'I want to get better.'
- It has to be clear and focus on what you want to improve

Application

- To improve the percentage of successful passes in football
- To improve my cardiovascular fitness so I can last a full game without getting tired

Measurable

Explanation:

- In order for your goal to be successful it must have something that can be measured
- This can be time, distance or numbers

Application

- I want to get an average of a 90% successful pass rate in football
- I want to improve my 12-minute cooper run score by 150m

Achievable

Explanation:

- The goal you have set must be achievable by you.
- Avoid setting targets that are too difficult as this will be demotivating

Application

- I currently achieve an 85% successful pass rate I need to improve by 5% this is achievable
- I currently run 2650m in the cooper run. I hope to achieve 2800m

Realistic

Explanation:

- 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

Application

- An extra 5% success rate is realistic as I am practicing extra passing drills
- I will be training an extra session on my cardiovascular fitness to run an extra 150m

Time Bound

Explanation:

- Goals must have a time frame to completetion.
- You need a cut-off point to when you want to achieve it so you can see the effect of the training

Application

- I am going to achieve a 90% successful pass rate by the end of the season
- I will improve my 12-minute cooper run by 150m in six weeks