

3

TYPES OF GOALS

Learning about the 3 types of goals will provide coaches with a better understanding of goal setting!

Performance Goals

Trying to better, or surpass, your own personal standards! These are great for long-term and short-term goals, but not daily.



Outcome Goals

This type of goal should be approached with caution, as the athlete cannot control other people.

This goal is based around comparing yourself to others and only aiming to try and perform better than them.

Process Goals

Concentrating on the specific steps needed to take in order to achieve the goal.

This type of goal is meant to be used short-term and is great for daily use!

4 reasons why goals don't get achieved...

1. Too many goals were set.
2. The athlete was forced into setting their goals.
3. The time and commitment needed to achieve the goals wasn't expected or accommodated.
4. Failure to follow up and make check-ins on goal progress.



Source: <https://sportpsychologyforcoaches.ca/mental-skills/goal-setting/>

To Learn More Visit: **Sport Psychology for Coaches**

It's **FREE!**

