

## Success in Sport Activity Planner

Success in sport is often defined by winning outcomes, and while winning is certainly an important aspect of sport, there are many small victories between championships. Creating an environment in which success is defined by technique, improvement, and effort can help athletes maintain their sense of confidence, as these are things athletes have the ability to control. Below is the [Success in Sport Infographic for Athletes](#) which provides some of the alternative ways success in sport can be defined.



Allowing your athlete(s) to get involved in the definition of success you create helps you better understand what they think success looks like and ensures the culture you create as a coach is relevant and achievable for your athlete(s). To do this, you can use 15 minutes of practice time to meet with your athlete(s) and discuss what success looks like for them. *We recommend not providing the infographic above to your athlete(s) until after they have come up with some ideas of their own – this provides space for them to really think about what success is to them and be creative in their ideas.* Have your athlete(s) shout out their ideas, write them on a whiteboard, or write them on a piece of paper that you can collect. Below is a space where you can write down some of the ideas they come up with:

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Once your athlete(s) have provided some examples, share some of your own! If there is some overlap in what you say and what your athlete(s) said, that's great – this means you share ideas about what success in sport looks like. After you have discussed some of your own ideas, work with your athletes to choose some core qualities of success that you will work with throughout the season. Again, have your athlete(s) shout out answers, write them on a whiteboard or a piece of paper. Below is a space where you can write down the core qualities you settled on to define success:

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Once you have defined the core qualities you and your athlete(s) want to move forward with, it's a good idea to set a schedule for check-ins to ask your athlete(s) what their successes were since the last check-in. These check-ins can be done as a team, or with individual athletes. For example, you may decide that once a week you want to meet with your athlete(s) to discuss some of the successes they had over the last week of play. Or you may decide to meet with your athlete(s) once a month to go over the things they feel they succeeded at throughout the last month. If you work with a team, we encourage a group check-in where you discuss with the team how they feel they have succeeded, and also individual check-ins with each athlete on the team – this is because each athlete may have a different idea of what personal success looks like for them. The frequency of check-ins is entirely up to you. Below is a space where you can write down what you want your check-ins to look like:

<p>When? (e.g., before practice, after practice, after a game, during training, etc)</p>	
<p>How often? (e.g., once a week, twice a week, once a month, etc)</p>	
<p>How? (e.g., individual conversation, group conversation, teamsnap chat, etc)</p>	