

TrueSportPARENT Goal-Setting



As they say, if you don't know where you're going, any road will get you there. But for those youth athletes that do want to achieve greater things in sports, only clearly-defined goals will get them where they want to go.

Setting good goals takes practice and requires the understanding that goals often need to be reviewed, revised, or even re-written. To help your athlete set goals that really work, explain to them the five components of SMART goals:



Once your athlete understands what makes a good goal great, encourage them to apply these principles into setting goals for their next season, school year, or summer training program.

Your athlete should create and own these goals themselves. Encourage them to write down at least one for each of the following time frames:



[Examples for Long Term: Graduate as my school's most accurate free throw shooter ever; be strong and flexible enough to perform 8-10 gymnastics movements in 2-3 years; possess the ball control skills needed to play varsity soccer]

If your athlete seems stuck, make it clear that their goals can focus either on a process, performance, outcome, or a combination of all three.

Once they understand how to set and follow through on various types of athletic goals, show them how these same principles can also be used to help them accomplish anything they want in school, life, and their other hobbies.

To learn more about helping youth athletes set great goals, check out:

- [Learn.TrueSport.org](https://www.learnsports.org) articles and videos full of valuable goal-setting advice
- [Teach.TrueSport.org](https://www.teachsports.org) for an entire lesson plan about goal-setting
- [Play.TrueSport.org](https://www.playtrue.org) (app available on the App Store and Google Play) for fun goal-focused games and activities you can complete with your athletes