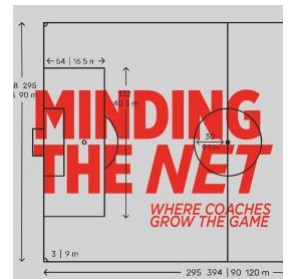


# The Power of Goal Setting in Sport



## Why Goals Matter

In sports, goals provide direction and purpose. Without them, athletes are like a ship without a rudder—moving but with no clear destination. Goals give athletes focus, motivation, and persistence, while also shaping confidence and reducing anxiety.

## What is a Goal?

At its core, a goal is an objective—an aim or destination for action. In sport, goals provide clarity: what am I trying to achieve, and how will I get there?

## How Goals Influence Performance

Setting goals doesn't just guide behavior—it changes mindset. Goals direct attention, mobilize effort, increase persistence, and strengthen confidence.

## The SMART Framework

The best goals are SMART: Specific, Measurable, Adjustable/Attainable, Relative, and Time-Based.

## Types of Goals

1. Outcome Goals – Focus on final results, often uncontrollable.
2. Performance Goals – Compare yourself to yourself; build confidence.
3. Process Goals – Focus on skills and actions that are fully controllable.

## Process Goals Examples

- When anticipating a pass, check pressure and options.
- Release the ball quicker by reducing touches.
- As a center back, keep the backline organized.
- Stay calm and focused despite distractions.

## Final Thoughts

Goal setting is more than motivation—it's a performance strategy. By combining outcome, performance, and process goals within the SMART framework, athletes gain clarity and confidence to reach their potential.