

Name

Setting SMART Goals

To be effective, goals should be Specific, Measurable, Achievable, Relevant, and Time-bound (SMART). Here's a breakdown of each component:

Specific

Goals should be clear and specific. Instead of a vague goal like “get better at soccer,” a specific goal might be “improve my passing accuracy by practicing 30 minutes each day.” Specific goals outline exactly what needs to be achieved, making it easier to develop a plan of action.

Example: “I want to increase my free throw percentage in basketball from 60% to 75%.”

Measurable

Measurable goals have clear criteria for tracking progress. This means setting goals with concrete numbers or milestones that can be assessed. For example, improving a time in a race or increasing the number of successful passes can be measured objectively.

Example: “I will track the number of successful passes I complete during practice sessions and aim to improve my average from 10 to 15 successful passes per session.”

Achievable

Goals should be challenging but realistic. Setting overly ambitious goals can be discouraging if they seem unattainable. Instead, focus on goals that push boundaries but are still within reach with effort and dedication.

Example: “I want to increase my endurance by running an additional mile each week until I can run 5 miles continuously.”

Relevant

Goals need to be relevant to the sport and aligned with the athlete's overall objectives. They should focus on aspects that will directly impact performance and contribute to personal growth.

Example: “I will work on my agility by incorporating agility drills into my training routine to improve my performance in soccer games.”

Time-bound

Setting a deadline for achieving goals creates a sense of urgency and helps kids stay on track. Time-bound goals specify when the goal should be accomplished, providing a timeline for progress.

Example: “I will improve my 5k running time by 2 minutes within the next 3 months.”

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SELECT 10U NAVY GOAL SETTING EXERCISE:

Use the S.M.A.R.T. Goal format to answer the questions below.

(Specific, Measurable, Achievement, Relevant, and Time-Bound)

1. What is the one baseball or athletic skill you would like to develop/improve for the spring baseball season?
2. What are your two short- term goals for yourself during the spring/summer baseball season?
3. What are your two short-term goals for the team during the spring season?
4. What are two long-term goals (next 3-years) for baseball and/or another sport?
5. What are two goals you have for school during the second semester?
6. What are two goals you have with your family from now until summer vacation?

List 3 defensive positions you would like to improve at (include one outfield position) and what you will do to improve.

- 1.
- 2.
- 3.