

The use of goal setting and SMART targets to optimise performance



UNTAMEDED
EDUCATION

2.2.2 Sports psychology

Realistic

Accepted

Time-bound

Goal setting and SMART targets

Specific

Measurable

Goal-setting



Goalsetting and SMART targets

1. Goal setting

- ▶ **Goal setting** is a method used to **control anxiety**, measure **progress**, **improve** and increase **motivation**.
- ▶ To ensure your goals are effective you should make sure they are **SMART**.



2. SMART targets

S

Specific – The goal should be focused on the specific skill or muscle group or fitness component you want to develop.

M

Measurable – The goal should be measurable so progress can be seen and further motivate.

A

Achievable – The goal should be attainable by the athlete or they will become demotivated and unwilling to try and attain their goal.

R

Realistic – If the goal is too easy or too hard then the athlete will not be motivated. Challenging but realistic targets are best. It should be recorded so progress can be seen.

T

Time-bound – Having a date to aim for focuses the athlete to achieve their goal in the time provided.



Goalsetting and SMART targets

3. Reviewing targets

- ▶ Goals should be **reviewed** periodically and adjusted if needed.
- ▶ Goals should be reviewed to see if they have been **met**.
- ▶ **New goals** should be set if they have been reached.
- ▶ If the goal has not been met then an **analysis** on why is needed.

