

Goal setting and SMART targets



UNTAMED
EDUCATION

3.3 Skill acquisition and psychology

Exciting

Realistic

Recorded

Agreed

Time-phased

Goal setting and SMARTER targets

Specific

Measurable

Goal-setting



Goalsetting and SMARTER targets

1. Motivation

1. Intrinsic motivation

"The internal drive to participate or do well"

- ▶ **Fun** and **enjoyment**.
- ▶ **Satisfaction** and **pride**.
- ▶ For its own **sake**.
- ▶ Personal **accomplishment**.



2. Extrinsic Motivation

"Motivation that comes from outside our own personal drives"

- ▶ Prize **money**.
- ▶ **Medals** and **trophies**.
- ▶ **Publicity**.
- ▶ **Fame**.



2. Personality types

Your personality may determine which sports you are attracted to. There are two main types:

1. Introvert

- ▶ Tend to be **quiet** and dislike large groups.
- ▶ They tend like sports which require **self-motivation**, individual performances, **low arousal** and **precision**. Example sports would be archery, snooker and long-distance running.



2. Extroverts

- ▶ Tend be more **loud** and **excitable**.
- ▶ They like **team** sports that are **exciting**, **fast** paced, **high arousal** and **simple** motor skills.
- ▶ Example sports would be **rugby** and **boxing**.





Goalsetting and SMARTER targets

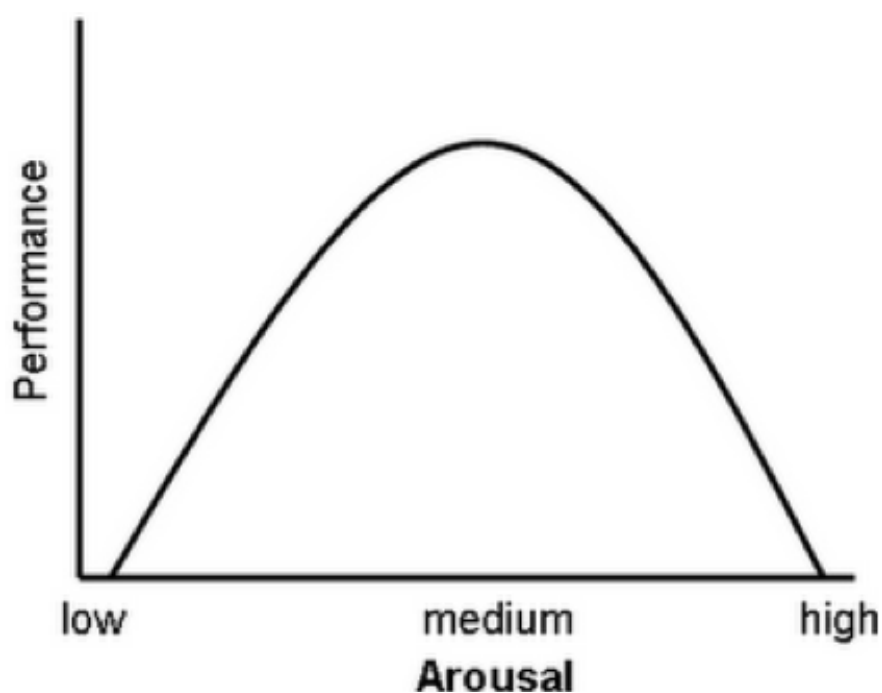
3. Arousal

*"The state of readiness
and alertness."*



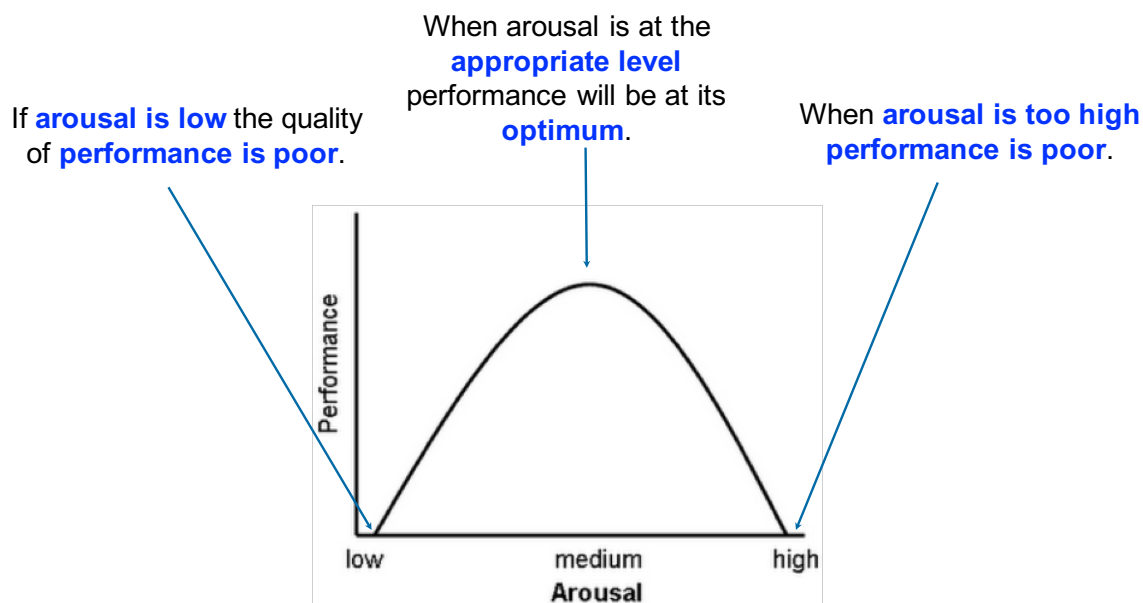
Look carefully at the graph.

Describe the **relationship** between **performance** and **arousal** levels.





Goalsetting and SMARTER targets



- ▶ When you are frightened or nervous **adrenalin** is squirted into the blood.
- ▶ It makes the **heart beat faster** so the athlete is ready to perform.
- ▶ There is an **increase** in the amount of **oxygen** and **glucose** to ensure muscles are ready for action.
- ▶ **Blood vessels** in the **gut constrict** shunting more blood to the muscles.
- ▶ It makes **muscles tense**, ready for action.

4. Under and over arousal

Under arousal is characterised by **lethargy**, whilst over arousal leads to **lack** of **focus**.

- ▶ **Little energy** if the arousal is too low.
- ▶ **Distracted** from the task and makes mistakes.
- ▶ **Lack of concentration**.
- ▶ **Over aggressive** if the arousal level is too high.
- ▶ **Contact sports** and **gross motor** skills require high levels of arousal.
- ▶ **Fine motor skills** and **precision** sports require lower levels of arousal.



5. Anxiety

Anxiety is a cause in the **decline of performance** and can be a cause of over-arousal.

Definition: *“Anxiety is a negative emotional state that results in negative physical and mental behaviours such as constant worry or sweating, shaking and feeling sick.”*

1. Somatic Anxiety - Physical responses

- ▶ Dry mouth.
- ▶ Increase in breathing rate.
- ▶ Heart rate increase.
- ▶ Sick feeling in the stomach.
- ▶ Sweaty palms.
- ▶ Nervous/shaking.

2. Cognitive Anxiety - Mental responses

- ▶ Fear
- ▶ Confusion
- ▶ Negative thoughts
- ▶ Poor concentration
- ▶ Low confidence



6. Causes of anxiety

1. External causes

- ▶ **Bright lights.**
- ▶ **Noise** from the crowd.
- ▶ **Team talk** from coach/team mates.
- ▶ Peer **pressure.**
- ▶ **Family.**
- ▶ **Television.**
- ▶ **Press coverage.**

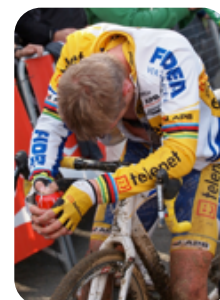




Goalsetting and SMARTER targets

2. Internal causes

- ▶ **Fatigue.**
- ▶ **Injuries.**
- ▶ **Internal** pressure to succeed/perform.
- ▶ Perceived **importance** of competition.



7. Controlling anxiety and arousal

1. Relaxation

- ▶ **Physical** - Involves a number of techniques where the intertwined nature of the body and mind is used to relax the athlete. This might be in the form of progressive muscle relaxation or muscle manipulation.
- ▶ **Mental** - This can be in the form of meditation or positive “self-talk”. The performer should breathe deeply and slowly. The performer can also use distraction techniques like listening to music.



2. Visualisation and mental rehearsal

- ▶ Mental rehearsal is the process of **imagining** the entire **performance**. You imagine yourself performing **well** and this **increases confidence**. It also **decreases anxiety** and in doing so **reduces heart rate**.
- ▶ **Visualisation involves imagining a snap shot of the performance.** A tennis player may take a few seconds to **visualise** him or herself hitting the perfect serve in the place where he or she wants.
- ▶ A quarterback can go through a play in his mind just before performing the play.





Goalsetting and SMARTER targets

8. 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 **SMARTER**.

9. SMARTER targets

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

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

Agreed – The athlete should **accept** the goal so there is **commitment to training**.

Realistic – If the goal is too easy or too hard then the athlete will not be motivated.

Challenging but realistic targets are best.

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

Exciting – The goal needs to be **inspiring** and exciting so the athlete is **motivated** to achieve it.

Recorded – **Progress** is best seen when the results are recorded.





Goalsetting and SMARTER targets

10. Goal setting examples

Sprinting

Performing a personal best time at the Olympic Games.

Weight Lifting

Lifting 10kg extra in eight weeks of training.

Gymnastics

Execute a front somersault in a floor routine by the next competition.

