The ECI Newsletter
A Monthly Free Newsletter with Tips, Info, and Inspiration
July 2004

Sport

Coaching Tip

Contributed by Vicki Harrison

Helping your team and each of your athletes set goals does not mean you have to be a sport psychologist or have a degree in sport psychology. Most of the goal setting techniques and tips I offer my athletes are practical, direct, and within the parameters of your coaching role.

Be specific. Athletes need to know what they are trying to achieve. Goals need to be specific and measurable. For example, a team player might set a goal of finishing 3rd in the conference. Or a team player might set a goal of being the top scorer on the team. Or a team player might set a goal of being the top defensive player on the team. Or at the end of the season, that's fine, you don't just it is a goal. Goals need to be measurable. Goals need to be specific. Once you have goals written down, you can measure your progress and your success.

Evaluate frequently. Top and your athletes want to know how they are doing and how they are progressing. Frequent feedback and evaluation helps keep motivation alive and keeps the athlete focused on the goal. Frequent feedback also helps to track further if you are headed. It also lets you examine your goals and your progress and make changes, adjustments or enhancements.

Goals should be challenging but realistic. Goals should be good. Yes, you want that middle ground between hard, challenging and realistic. Goals that are too easy are not motivating and don't challenge the athlete to improve. Goals that are too difficult are also not motivating because the athlete gets tired and quits. Goals that are too difficult are also not motivating because they are too far out and the athlete can't see the end result. Goals that are too easy are also not motivating because they are too easy and don't challenge the athlete to improve.

Set goals with individual differences in mind. Each athlete is different and each athlete will need to set goals that are specific to his or her individual needs. Some athletes need to set goals that are more social in nature, or more focused on interaction with the team's goals. Individual goals need to be specific, measurable, challenging, realistic and attainable. Goals, Goals, Goals are important for all athletes. Helping your athletes set goals that are individual athletes or coming up for the goals within the context of the team is a great idea.

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Editor's Corner

A famous Australian once said, "If you fail to prepare - you are preparing to fail."

In all sport, preparing to compete, and to win, begins in the mind. Sport is a mental game. Preparation for sport begins in the mind. Success in sport begins in the mind. Success in life begins in the mind. Success in life begins in the mind. Success in life begins in the hobby wrapper of all photographs.

Sport is a mental game. Success in sport comes in mind-sized pieces. Success in life comes in mind-sized pieces. Success in life begins in the mind.

In his article "Champions Accept Mistakes" Bernie Ivan Schaefer tells us - "Athletes realize that mistakes are a necessary part of the game. They know that they will make mistakes and they accept that mistakes are a necessary part of the game."

Success in life is a game. Success in life is a game. Success in life "Imagery is a general mental technique that will raise the level of your mental game. Imagery is a general mental technique that will raise the level of your mental game. Imagery is a general mental technique that will raise the level of your mental game."

As coaches we have a responsibility to help our clients acquit or to help our clients acquit. Success in life is a game. Success in life is a game. Success in life is a game. Success in life is a game. Moreover, there will be a school when they decide that we are ready to graduate. Success in life is a game. Success in life is a game. Success in life is a game.

"Coaching comes before winning."

Michael
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Have ideas coaching with our team?

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Sport Articles - Professional Coaching across Sports

Well ladies and gentlemen, the story begins with a man who is a coach. He is a man who has an idea. He is a man who is a coach. He is a man who is a coach. He is a man who is a coach