

## Goal Setting

*Why is goal setting important for an athlete's success? By setting a goal the athlete is stating what they want to accomplish. Sometimes these goals are short-term, mid-term or long term. Setting a goal allows the athlete to work towards a defined objective. This allows the athlete to make a plan on how to accomplish the goal set and can be a motivation tool that keeps them focused and working hard.*

*Setting a goal can also be used to gauge how the athlete is progressing with their training (whether they are able to accomplish their goal or not). If they are unable to accomplish the goal set, they can determine why not and adjust their training so that they can succeed on the next attempt.*

*Goal setting can also help with confidence. Once you achieve a goal, set a new goal to work towards. Every time you succeed it helps your confidence.*

*The athlete should set goals that are achievable but not too easy. If the athlete sets long term goals they can be used as a road map to their success, in their sport of choice. Without a plan, the athlete will not get very far in their career.*

**Name 3 Short-term Goals:**

- 1.
- 2.
- 3.

**Name 3 Mid-term Goals:**

- 1.
- 2.
- 3.

**Name 3 Long-term Goals:**

- 1.
- 2.
- 3.

Your goals could be anything from making the High Performance Team to improving your skating.

Think about your strengths and weaknesses and what you would like to improve this season.

Think about what being part of the High Performance Team means to you and where it could lead.

Think about what you want to accomplish this season and where you think you want to go with hockey. Do you want to play college or university hockey?

What type of player are you, offensive, defensive, do you like to rush the puck, are you a goal scorer, do you play for fun, is winning important to you?

Who is your favourite player? Do you play like him/her? What did it take for your favourite player to become as good as he/she is?
What will it take for you to become as good as your favourite player?
Get together, via the internet, with 5 other players from our team, discuss what being on our High Performance Team means to your group and identify the keys to our team's success, at the BC Winter Games. <b>From your discussion pick 5 team goals that you think will be important to our team's success, at the BC Winter Games.</b>
<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>