Goal Setting

Purpose of Goal Setting

Provides motivation (Mobilizes Effort)
Provides direction (A Mission)
Provides feedback
Develops commitment and persistence
Develops confidence
Develops self-discipline
Increase the quality of training and practice

Personal Assessment of Goal Selection

How long have you wanted the goal?
What have you done to reach it?
How close are you to achieving it?
How committed are you to achieving it?

Guidelines to Follow for Effective Goal Setting

1. Set specific-measurable goals
   -Goals that are too vague
     "I want to pitch well," "I want to go to 9 innings"
     "I want to be more competitive"

   -More specific goals
     "I want to get my first pitch in for a strike"
     "I went to work on keeping it one pitch at a time"

2. Set performance not outcome goals
   "I want to walk fewer batters" vs "I want to maintain my intensity and rhythm"

3. Set positive goals
   "I don't want to hang this one" vs "I am coming in with this one"
   "I don't want to walk him" vs "Let's get after this guy"

4. Outline a plan to achieve goals
   -Poor plan
     "I am going to work harder in practice"

   -Effective plan - HAVE AT LEAST TWO GOALS EACH DAY
     "I am going to focus on my stretching to get focused"
     "I am going to work on my arm movement in the bullpen"

5. Set short, medium, long-range goals (Staircase)
Each pitch, hitter, at-bat, inning
Game, series of outings
Daily, monthly, season

6. Foster a commitment to your goals
   Discipline yourself to set and strive for your goals

7. Establish goals for practice (pre-game) and games

8. Provide support for your goal attainment
   Teammate or coach you work with, i.e.; "someone who lifts with you"

9. Evaluate and readjust your goals
   Failure is positive feedback

10. Establish a target date to reach your goals
    "I want to have my fastball at 80% by spring training"

Pitfalls in Goal Setting

Setting too many goals
Not enough time to achieve
Failing to recognize individual differences
Goals were too general
Failure to modify goals
Failure to create a supportive goal setting atmosphere

Types of Goals to Set

Mechanical
Performance
Strategic
Mental (concentration, preparatory, self-control)
Personal

Goal Selection - Key Questions

1. What would you like to be able to do that you can't do now?
2. How would your situation be better when you achieve your goal?
3. How long have you wanted the goal?
4. What have you done to achieve it?
5. What resources (personal, material, others) do you have to achieve it?
6. How committed (sacrifice) are you to achieving it?
7. What has kept you from achieving it?
8. What will you accept as proof that you are achieving it?
9. What is your action plan?