

Goal setting

Goal setting – ‘too simple to be any help and too boring to spend time on’ (if you are not measuring it you are not managing it)

Goals Why bother? (List)
Give clarity of direction
Getting better at what you do
Motivation and Focus

Decide what **you** want
Write it down
List what needs to be done to achieve
Organise the list into a plan and take action
Do something every day

Too high - others expectations, insufficient info, always expect best performance, lack of respect for self

Too low – fear of failure, taking it too easy, not being honest enough

Know yourself – How do you see yourself (self esteem)
Why do you play the game ... to win vs social contact
What do you want to achieve
What skills/knowledge do you need to acquire to succeed
What degree of effort/sacrifices you will make to succeed

To Win ... need to achieve what? (list)
which ones are controllable?

What affects performance?

Physical ... technique/shots

Psychological ... foundation (awareness, esteem, motivation)

Performance – peak activation/concentration ...
techniques

facilitative (comms/team spirit)
Fitness/Nutrition ... endurance, flexibility, strength

Which ones are mental?
Which ones are physical?
Which ones do we practise?

Types **Outcome vs Performance**
(social comparison vs learning/improving/mastering)

Outcome.... (Why)

Win Burnside club senior singles title 2011

Performance How

Achieve 100% smooth release in silicon coach session

Achieve 90% draw shots within mat length

Achieve 90% accuracy* in shot execution

Learn and apply mental skills for peak activation and concentration

Improve endurance and flexibility (so not sore and tired)

Strategies:

Engage a personal coach and utilise silicon coach video

Identify top player as mentor

Maintain performance records

Enter centre events to gain experience

Join a gym before ...

Process What

Complete 3 x 30 min 'deliberate practice' sessions per week

Complete 3 x 60 minutes treadmill and stretching session per week

SMART goals

Short/Long term

Challenging but achievable

Positives only

Competition and training

Strategies to achieve goals

Target dates

Written down and shared

Track progress

Training ... (what would be the focus of the session, what are you measuring?)

Increase performance: deliberate practice

- needs to be highly demanding mentally
- fully absorb
- repeat with feedback
- self aware and self reflection
- learn from failure to build resilience

Organisation of life (diary)

Life balance

Commitment

Honest self appraisals

No short cuts