



GAME PLAN
PLAN DE MATCH

GOAL SETTING FOR COACHES

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INTRO

LAND ACKNOWLEDGEMENT



THE PLAN

- Intro
- The Plan
- But Goal Setting is So Boring!
- The Gist of Goal Setting
- Upside-Down Goals
- So...Now What?
- Debrief Like a Pro
- Questions

BUT GOAL SETTING IS SO BORING!

- Let's be real.
- The 'basics' can be good...for everyone.
- Process matters now more than ever.
- All of the NCCP documents talk about building mental skills early on (out of context).

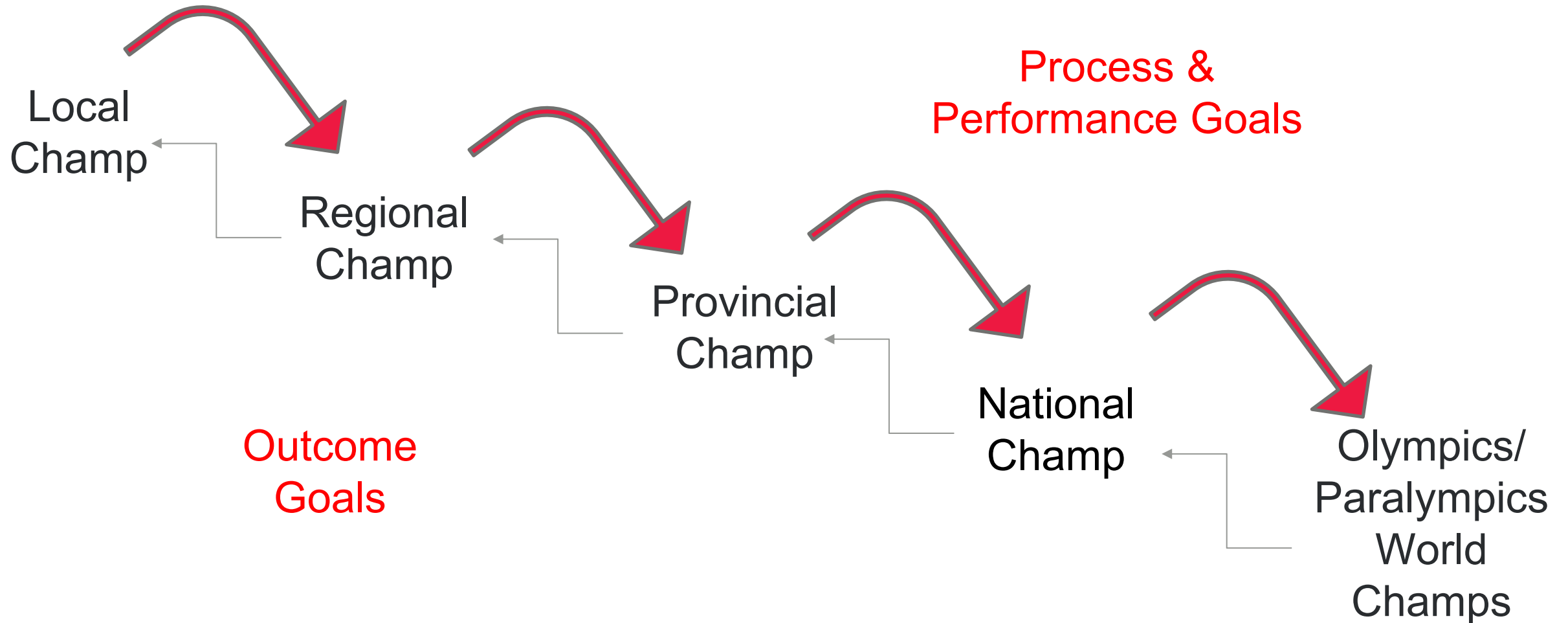
THE GIST

- We all know SMART goals....but do you know SCHMART goals?
 - S - Specific
 - C - Changeable
 - H - Hard
 - M - Measurable
 - A - Attainable
 - R - Relevant
 - T - Timely

THE GIST (cont)

- Identify Benefits & Obstacles
- Process and Performance vs. Outcome
- Physical/Mental/Technical/Tactical
- Short, Medium, Long-Term Goals
- Tell people
- Reward your progress

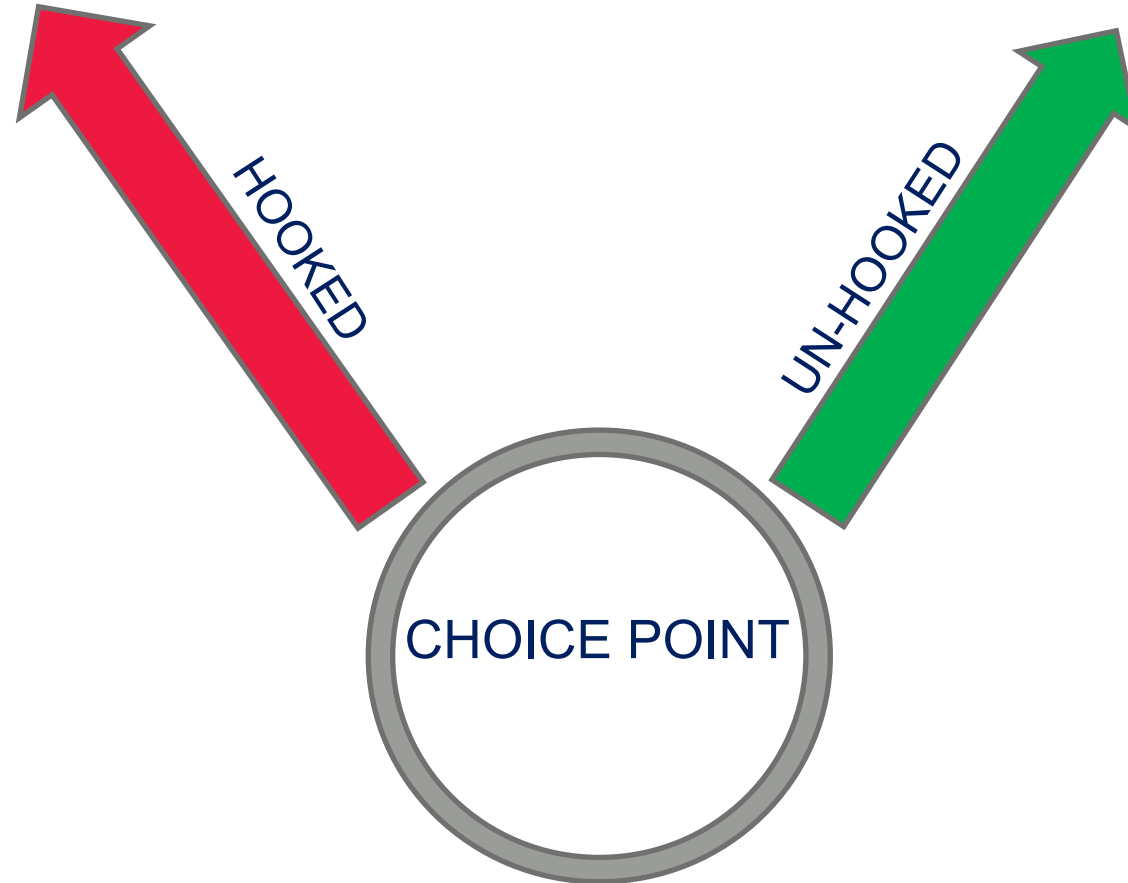
UPSIDE-DOWN GOALS



CHOICE POINT

AWAY MOVES

TOWARDS MOVES



THOUGHTS / FEELINGS / SITUATIONS

SO...NOW WHAT?

- Now we get to use what you've created!
- Don't file it away to never see it again
- Set up your 1 on 1 meetings
(Weekly? Bi-weekly? Monthly?)
- Use it as a guide and be flexible

DEBRIEF LIKE A PRO

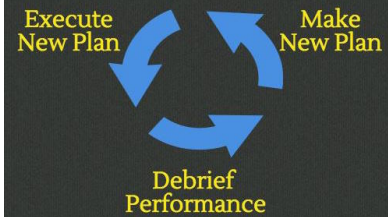
- **Basic Framework:**
 - **What worked?**
 - **What didn't?**
 - **What are we going to do about it?**
- **Ask Good Questions:**
 - **Get info before you give it**
 - **Rephrasing**
 - **Open-ended questions**

DEBRIEF LIKE A PRO (Cont.)

- Timing is everything
- Park your own emotions when appropriate
- Keep it short and purposeful
- Debrief the performance, not the person
- For kids: '2 stars & a wish' or 'Oreo technique'
- Tell them **WHAT** to do, **NOT** what *not* to do

How to be awesome at Debriefing

TOP TIPS



Tell them WHAT to do, not what NOT to do

Take the emotion out of it

Ask great questions

Guide the athlete's self-analysis

What worked? What didn't?

Athletes

Ability to Recall

Analyze Strengths & Weaknesses

Listen

Execute a Plan

DO WHAT YOU GOTTA DO

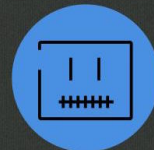
Coaches

Listen

Provide Feedback on Analysis

De-Personalize it

Delay if Necessary



Park your
Emotion



Ask Great
Questions



Make a Plan &
Execute

ELITE | EDGE

NCCP Basic Mental Skills

Register for **NCCP Basic Mental Skills** to learn more strategies for goal setting, as well as;

- How to integrate mental preparation strategies into practice
- How to help participants be mentally prepared for competition

Visit the [NCCP Basic Mental Skills](#) page to contact your local [Provincial or Territorial Coaching Representative](#) about current at-home learning options including Online Delivery, and Homestudy.

QUESTIONS?



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Thank you for attending!

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