

SMARTER GOAL SETTING

Goal Setting is an excellent way of getting motivated. It also provides an opportunity to focus and take ownership of your own learning. Think of goals as signposts on the road to becoming a better golfer. Goals will provide a measure of your progress that is at a rate that suites you. Why not have a chat with your PGA Professional or Junior Convenor about setting some goals?

Specific

Goals must be as specific as possible. Vague goals (e.g “I want to become a better golfer”) will not help the junior focus their attention and plan the route to achieving their goal. An example of part of a specific goal is “I must keep my head down when I am putting” or “I must use the correct aim and grip when putting”

Measurable

Goals should be measurable. Unless you can measure progress, you will not be able to assess whether or not the goal has been successfully achieved. In the example above concerning putting, the assessment criteria would be demonstrating the correct aim and grip and keep the head down, resulting in an accurate putt three out of five times (within one putter length from the hole)

Agreed

Goals should be agreed and accepted by both the coach and the player. Goals are more likely to be accepted by juniors if they are involved in the goal setting process, it gives them a sense of ownership and helps motivate them to achieve their goal. Goals must be under the juniors control-they should not be dependent on comparison with other juniors performances.

Realistic

Goals should match the juniors developing ability. Goals that are too easy are unlikely to extend existing skills and little development is likely to result. Goals that are too difficult (e.g “I want to be a national champion one year”) will result in frequent experience of failure that could eventually undermine a juniors self-esteem, confidence and enjoyment of golf. Goals that are too easy or hard should be adjusted as you go along.

Time Phased

It is important to identify a time frame that the goal can be achieved in. If you and your junior do not set target dates for each goal, there is a danger that the goals will be postponed or delayed indefinitely.

Exciting

Goals should be exciting. If they are too easy, they offer no challenge and players will not be motivated to achieve them.

Recorded

Goals should be recorded. Written goals serve as a form of contract and can increase players commitment to the goals. They also help monitoring progress.