

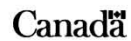


golfcanada.ca/teamcanada

Goal Setting

The Power of Formal Goal Setting

Proud Supporters
Fiers partisans



Official Partner Club
Club partenaire officiel

National Partners
Partenaires nationaux

Goal Setting

WHY SHOULD YOU SET GOALS?

- Establish your ultimate destination
- Identify the roads you can take to get there
- Know when you have arrived at your goal

"The person who starts out going nowhere, generally gets there."

- Dale Carnegie



Goal Setting

WHY IS FORMAL GOAL SETTING SO IMPORTANT?

- Goals have been found to increase levels of performance an average of 16%
- Goals can help monitor and improve your performance
- Goals can improve the quality of your practice and play by replacing boredom with challenge
- Goals can help you replace fear / tension with focus
- Goals can help sustain motivation during slumps, injuries or a long career
- Goals assist in the development of confidence



Goal Setting

SMARTER GOALS

- Specific – Is the goal clear?
- Measurable – Can you objectively prove that you have met the goal?
- Adjustable – If you achieve the goal sooner than anticipated, can you increase the intensity or conversely, does it need to be scaled down?
- Realistic – Do you really believe that you can do it?
- Time-based – Have you set a realistic date to meet the goal?
- Exciting – Will it be fun?
- Rewarding – Can you see the reward for achieving this goal?

Example of a SMARTER goal – “To lower my handicap factor from 3.5 on June 1 to 1.0 by September 15 and qualify for the club championship



Goal Setting

TYPES OF GOALS

- Outcome goals
- Physical performance goals
- Mental performance goals
- Balance goals

"All good performance starts with clear goals."

- Ken Blanchard



Goal Setting

OUTCOME GOALS

- Focus on end results or outcomes
- Serve as a guide towards your overall objectives
- Examples of outcome goals:
 - Number of wins
 - Stroke average
 - Order of Merit ranking
 - Team selection



Goal Setting

OUTCOME GOALS

- Need to be kept in their rightful place – “away from the course”
- Focusing on these goals during play or practice can have an adverse affect on your performance
- The mind needs to be quiet and clear of outcome thoughts in order to peak perform on the course
- Remember, you do not always have control over outcome goals. You could have your best tournament ever and someone else, out of your control, could still beat you
- Establish one or two “dream” goals – these are what motivate individuals to do impossible things



Goal Setting

PHYSICAL PERFORMANCE GOALS

- Physical performance goals define the physical / technical skills that you want to improve to successfully accomplish your outcome goals
- Help you practice and train with a purpose
- Examples of physical performance goals:
 - Develop a better short game – lower s.g. handicap to 0 by July 31
 - Improve accuracy off the tee – hit an average of 10 fairways in 2007
 - Hit more greens in regulation – 10.5 greens per round in 2007
 - Learn the knock down shot
 - Improve club face position at the top of the swing
 - Improve my cardio for better endurance on the back nine – improve beep test score from 8 to 10



Goal Setting

PHYSICAL PERFORMANCE GOALS

- Consult your coach and outline your strategy for achieving each stated physical performance goal
- For example, the strategy to improve your bunker play may be to have a coaching session to ensure that your fundamentals, equipment and technique is sound. Then practice three times per week until you hole five sand shots each time.



Goal Setting

MENTAL PERFORMANCE GOALS

- Your mental performance goals describe the mental skills you will be committed to strengthening in order to achieve your outcome goals
- Mental performance goals should be your primary focus during competition
- They allow you to “stay in the present” and play each shot as an island unto itself
- Be specific – have mental performance goals for each round



Goal Setting

MENTAL PERFORMANCE GOALS

- Examples of mental performance goals for each round:
 - To establish a written game plan complete with targets for every competitive round and stick to it regardless of the outcome
 - To use deep breathing and other relaxation techniques to manage my tension when under pressure
 - To not react to bad shots
 - To consistently use my mental pre-shot routine
 - To clearly see the target 80% of the time
 - To be calm and emotionally in control on the 1st tee



Goal Setting

MENTAL PERFORMANCE GOALS

- Consult your coach and outline your strategy for achieving the mental performance goals
- For example, the strategy to improve your tension control might be to have a session with a sport psychologist to learn a new relaxation technique and then practice weekly during training sessions.



Goal Setting

BALANCE GOALS

- It is important to set goals for maintaining quality time for all important areas of your life
- Lifestyle / relationship management is a very important component of planning for peak performance
- A recommended guideline is as follows:
 - School and golf – 65%
 - Relationship – 5%
 - Personal – 10%
 - Family – 10%
 - Friends – 10%



Goal Setting

SUMMARY

- Put your goals down in writing (Worksheets are attached)
- Monitor and reflect on your goals regularly
- Outcome goals describe your end result however do not focus on them during competition and training
- Physical performance goals help you practice with a purpose
- Mental performance goals should always be your focus during competition
- Good personal balance goals enhance health, happiness and success



Goal Setting - Vectors

Imagine your Goal as a 'vector'

- 'Now' is the starting point

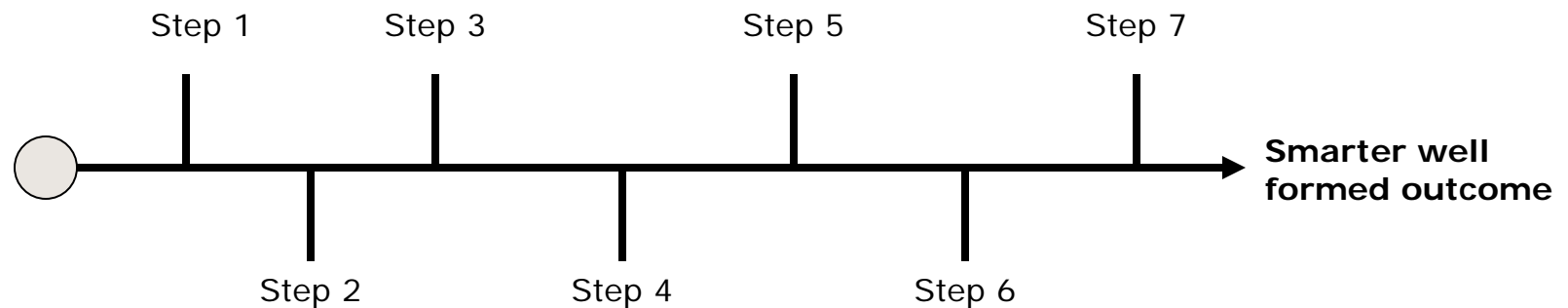


- Your Ultimate Goal is at the end of the vector
- What steps do you have to take?



Goal Setting - Example

Break up the steps on the vector:

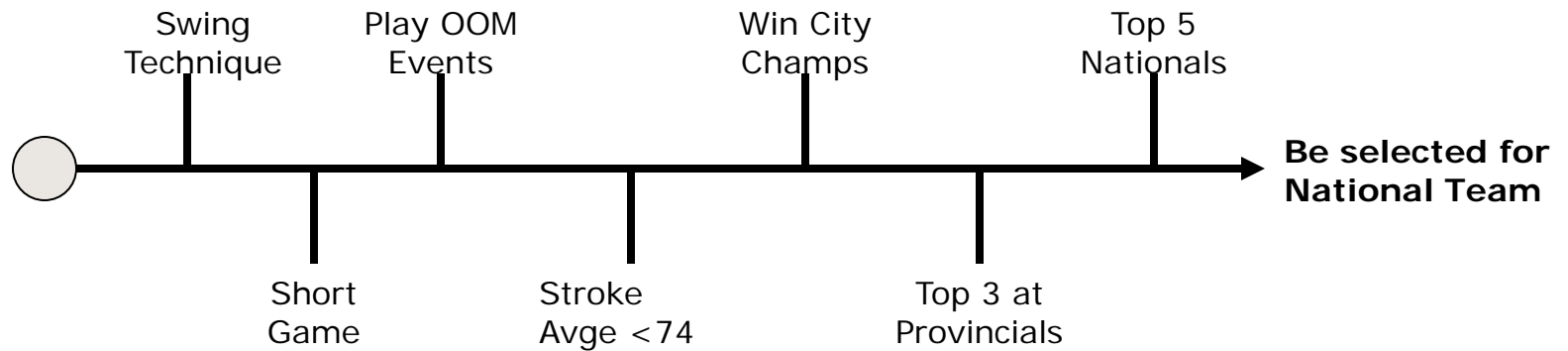


- Turn each step into a SMARTER goal
- As you reach each step, desire increases, and the ultimate goal becomes closer Provincial Level Player



Goal Setting - Example

Provincial Level Player



Goal Setting

- Goal #1 – Swing Technique
 - Correct Strong Grip, Improve Posture & reduce slice to a controlled fade shot
 - Work with coach & video for feedback
 - Correct techniques by March 30th
- Goal #2 – Short Game
 - Shape putting arc correctly, learn 3 distinct chip shots, and 3 pitch shots, learn 2 comfortable sand techniques
 - Use Short Game Test as benchmark – achieve h'cap of 7
 - Learn shots by April 31st
- Goal #3 – Play OOM Events
 - Review schedule of OOM events and enter
 - Place top 30% in each event



Goal Setting

- Goal #4 – Stroke Average of 74
 - Stroke Average of competitive rounds
 - Use stats program to record
 - Achieve Avg. by August 31st
- Goal #5 – Win City Championship
 - Win Championship Division
 - Tournament in July
 - Reward: Exempt status for Provincials
- Goal #6 – Top 3 at Provincials
 - Tournament in July
 - Reward: Provincial Team to Nationals



Goal Setting

- Goal #7 – Top 5 at Nationals
 - Golf Canada National AM Championships
 - Tournament in August
 - Top OOM points available
- Ultimate Goal –National Team
 - Based on 2014 OOM points
 - Selection made September 15th
 - Part of the 2015 Program
- Next Step – Re-Evaluate Goals





MY YEARLY OUTCOME GOALS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

DREAM GOALS

1. _____
2. _____



Goal Setting

Physical Performance Goals Worksheet			
List goals here:		Explain your strategy for achieving each goal	
1		1	
2		2	
3		3	
4		4	
5		5	





Goal Setting

Mental Performance Goals Worksheet			
List goals here:		Explain your strategy for achieving each goal	
1		1	
2		2	
3		3	
4		4	
5		5	



Goal Setting

Balance Goals Worksheet		
Activity	Hours/week	% of time
School/Work and Golf		
Relationship		
Personal Time		
Family		
Friends - Social Time		
	112	

(16 hours per day X 7 days)

