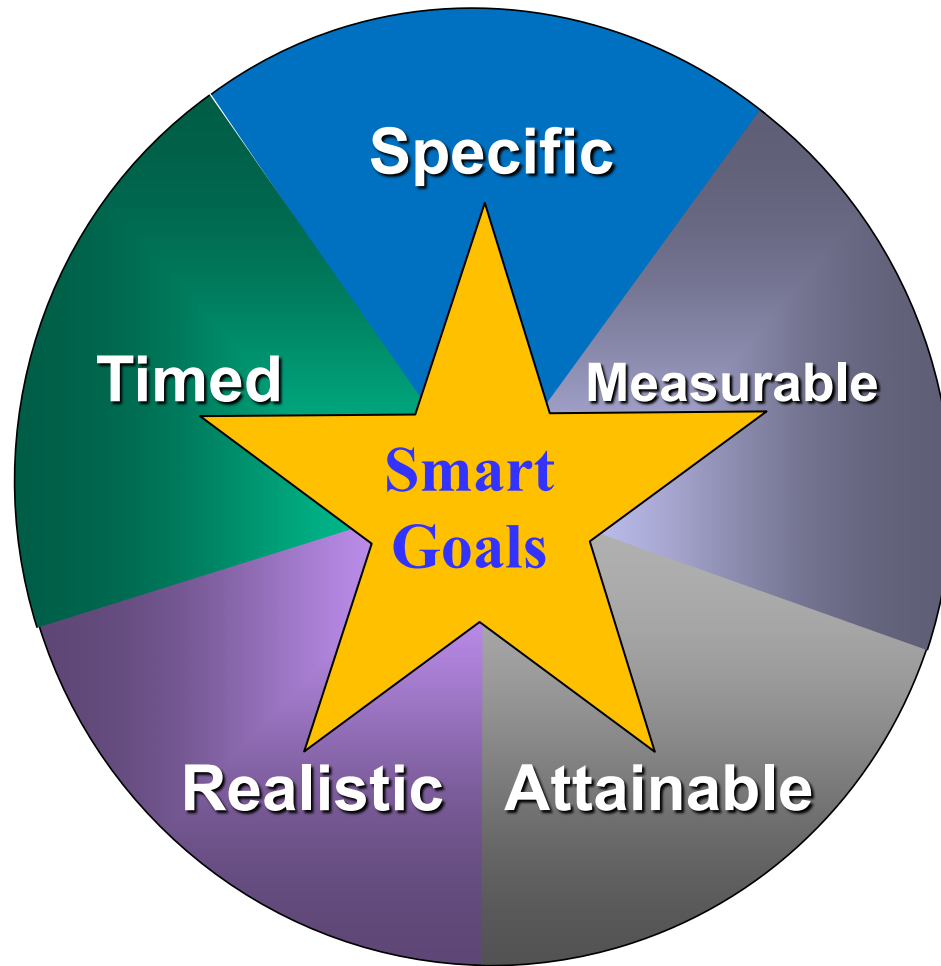


Video Review

Coaches:

Creating Short - Term Targets
And Long -Term Goals



Long Term Goals

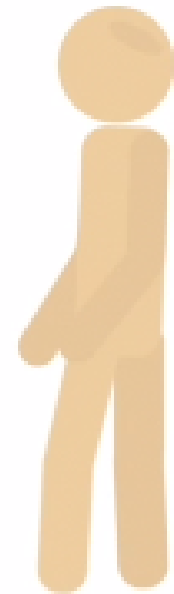
Specific

Measurable

Attainable

Realistic

Timed



Short Term Goals

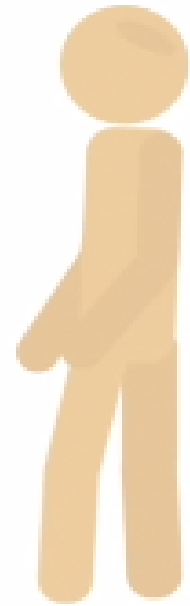
Specific

Measurable

Attainable

Realistic

Timed



Achieving Long-Term Goals.

Short-Term Targets/Long-Term Goals

Structure

Momentum

Positive Team Culture

Example of a Smart Goal

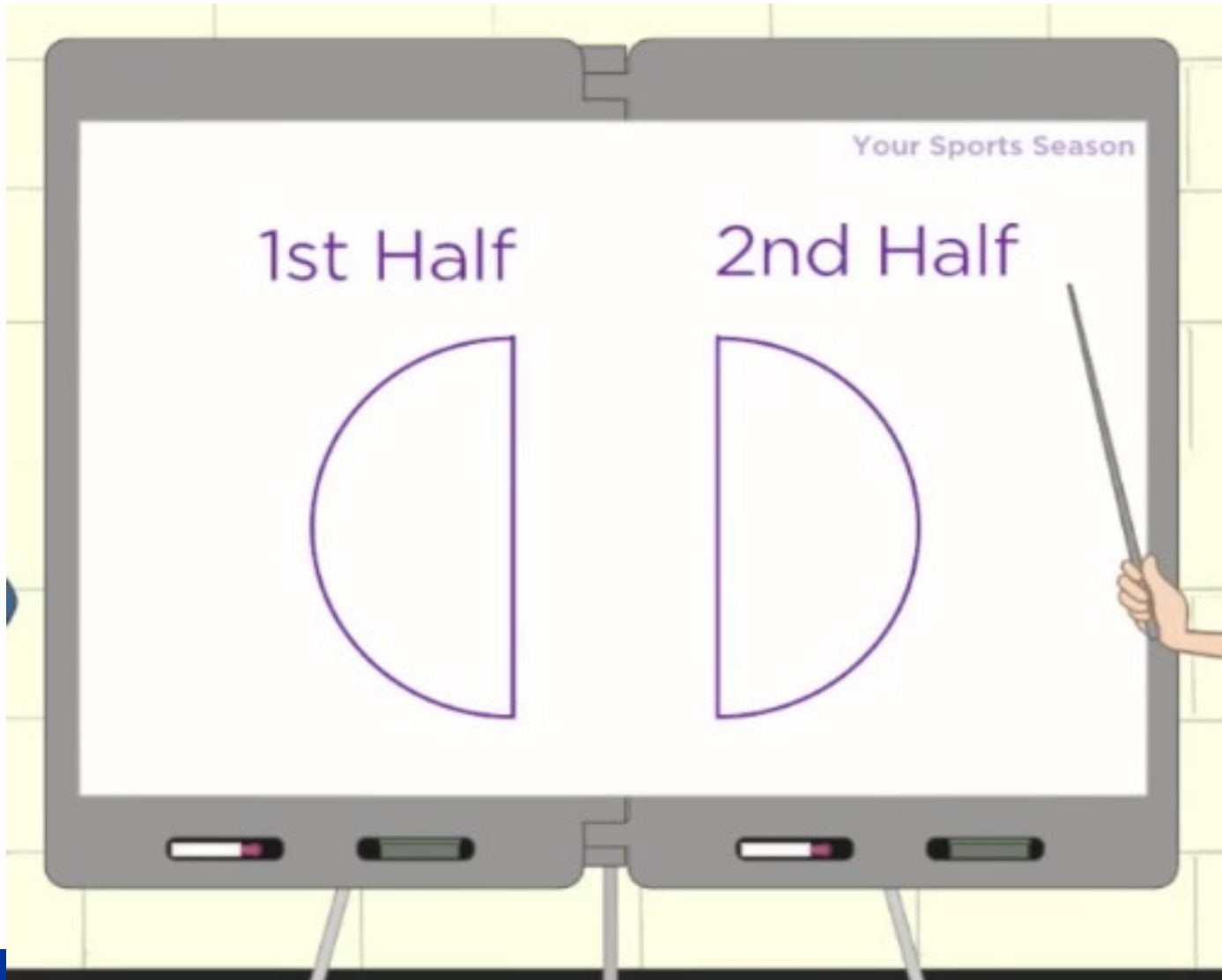
Specific
Measurable
Attainable
Realistic
Timed



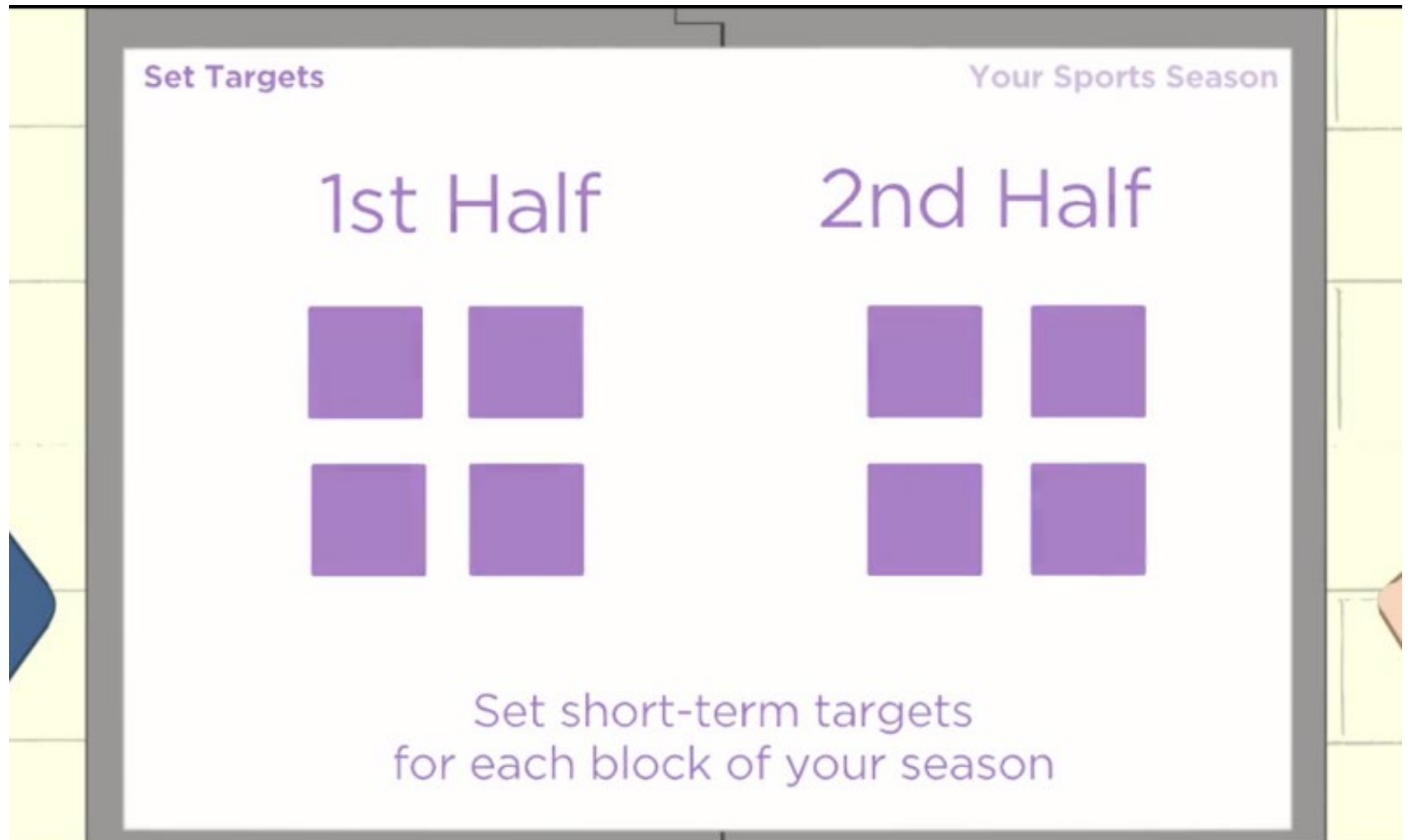
I want to run a mile
20 seconds faster
in the next 3 months



Divide Your Season into Halves



Divide Each Half into Blocks



Coaches Can Make a Difference

Short-Term Targets



Helping Players Learn

Getting Player Buy-In



Demonstrate the skill



Talk about the skill



Experienced players help younger players

Effective Teaching Techniques

TEACHING TECHNIQUES

