

## Video Review: Short-Term Targets Long-Term Goals

Setting short term targets for your team and players creates structure and momentum for achieving long term goals.

Whether it's for individual players or for the team, short term targets should be drawn from three categories.

**1. Physical training and conditioning 2. Tactics and strategy 3. Attitude and mind.**

In order for goals to really have an impact, all goals should follow the [Smart Model](#). They should be:

- **Specific**, not vague
- **Measurable**, use numbers to see achievement
- **Attainable**, to reach the goal make sure the targets can be broken down into steps.
- **Realistic**, yet challenging for you or your team
- **Timed**, with a clear duration and deadline.

## Planning for Your Season

Break your season down into two halves. Determine what you want your team to be able to achieve by mid-season and then determine what you want to achieve by the end of the season.

Consider dividing each half of the season into (4) blocks. Set targets for each block. This will make each set of targets seem more attainable and the individual blocks will become the foundation for the next block until your season's long term goals are within reach.

## Role of a Coach

Great coaches are almost always great teachers.

Athletes like all of us have different learning styles, to be most effective, you should approach each target and goal using multiple teaching techniques that address different learning styles.

Each player has a unique learning curve and will benefit from different goal planning. Don't treat all of them the same all of the time.

Never lose sight of the fact that the appropriate and necessary role of the coach extends well beyond preparing athletes for competition.