

EXAMPLE WRITING A SMART GOAL TO IMPROVE FREE THROW SHOOTING % SPECIFIC

Wanting to raise your free throw shooting percentage is not a goal, just a desire or wish. It is not a goal because it is not specific. A goal must have a "specific result."

Example: To make more than **90% of every 10 free throws taken at every practice. 90% is a Specific Result.**

MEASURABLE

A goal must be **Measurable**. "**Measurable Goals**" allow you to determine the effectiveness of your goal.

Example: Making 90% of all free throws in practice can be counted, measured and documented.

ATTAINABLE

A goal must be "**Attainable**." Making 100% of all free throws at every practice is not realistic.

Making 90% of your free throws is attainable.

REALISTIC

A goal for an Athlete becomes "**Realistic**" if what you want to accomplish contributes to: 1. the team mission, 2. improves your performance and directly contributes to your team's mission, 3. within your physical and mental capabilities and 4. commit to the goal and what it will take.

TIMELY

A goal must be accomplished within a "**Specific Time Period**." Goals without a deadline are not really goals.

Remember the Smart Model: Specific, Measurable, Attainable, Realistic and Timely.

Another Example of a Smart Goal:

To lower my time for running 800 meters by 16 seconds by the end of the Track Season, by lowering my time 2 seconds every two weeks for the next eight weeks...