



# Goal Setting For Tournament Players



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# Importance of goal setting

- To increase performances
- To increase self-confidence
- Reinforce motivation
- To get used to positive thinking
  - important towards rituals, self-talk, ...
- To know where you are going to
  - Profile / Contract of the player
    - long and short term goals
- Ensure 100% effort and persistence



# Rules to formulate goals

- **Specific (Helping player to focus)**
- **Measurable / Easy to control**
- **Agreed (Attainable/Involving the player)**
- **Realistic / challenging**
- **Time phased (Deadlines/ short & long term goals)**
- **Evaluated (Re-evaluation on specific date)**
- **Recorded**



# Remembers

- **Formulate goals positively**
- **Use it in daily practice**
- **Determine Performance and outcome goals**
- **right choice of tournaments (W/L ratio)**
- **Successful players always have performance goals**
- **Adapt goals in situations :**
  - **injuries, personal problems, ...**
- **The younger the player, the more performance goals there should be chosen**



# 3 steps for a successful goal setting

## □ Planning

- **Determine the goals (individual and group goals)**
  - Think about the season ahead
  - self-evaluation of the player(s)
  - match analyses by the coach
- **Determine the priority of the goals**
  - long and short term goals
  - profile of the player
- **Determine the strategies of goal getting**



# 3 steps for a successful goal setting

- **Meet, communicate & explain the goals to the player**
- **Motivate to achieve the goals by presenting the theory about goal setting**
- **Ask the player to set his goals[ give 2 days]**
- **2<sup>nd</sup> meeting for the discussion of individual goals**
- **Player and the coach have to sign the contract with the goals**
- **Having a witness[Parent] to sign the contract is an option**



# 3 steps for a successful goal setting

## □ Follow-up

- Evaluate on a regular base
- Always remind the player his goals
- Use match statistics
- Respect goals in all circumstances
  - player + coach
- Engagement from important people in the environment of the player.



# Most common mistakes in goal setting

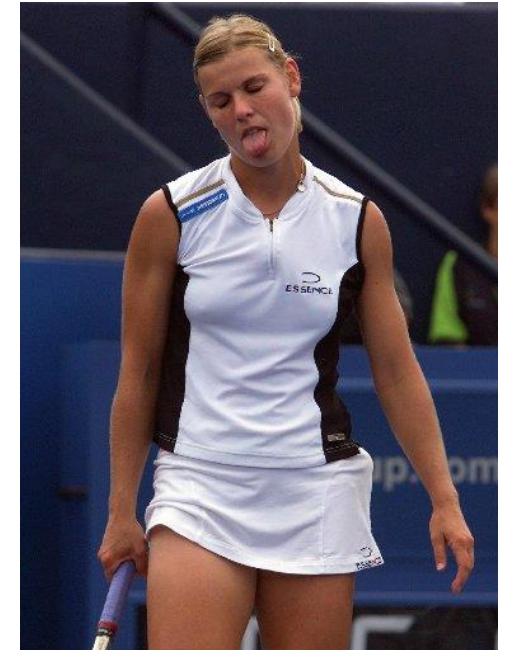
- Too many goals at the same time
- Formulation of the goals too general (not concrete enough)
- No adaptation of achievement strategy when unexpected things occur (injuries, poor results)
- Only eye for result goals
- Player not involved enough by the coach
- Coach is not giving enough importance on achieved goals (evaluate on a regular base)
- Coach or player doesn't believe in goal setting
- Excuses for not making the effort





# Periods of poor results

- **Knowing they will be there**
  - even with good periodisation
  - sometimes up to 3 months
- **Learning to accept this periods**
  - no panic reactions
- **Try to find the reason**
  - health, fast growing <> co-ordination, over-training, serious technical adaptations, ...
- **Parents should not give stress at home in this periods**





# Remarks

- **Results have a big influence on the goal orientation of a player**
  - **right training goals**
  - **right choice of tournaments**
    - **minimum 2-1 win-loose ratio**



# Conclusion

- **Goal setting is the key to motivation.**
- **There are different types of goals.**
- **3 important phases for goal setting.**
- **The 100% of directed effort.**
- **Obstacles will not stop you.**



# Thank you

