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# GOALS & OBJECTIVES

## GOALS

**The term for an extended 'desired achievement'**

### TIME FRAME of Goals

- **Short Term Goals** (example: losing 4 lbs. by the end of the month)
- **Longer Term Goals** (example: losing 16 lbs. in 4 months)

### FOCUSED on the Goals

- **Drive your daily decisions to achieve your MAIN goal.** (example: losing weight will help me perform better in my chosen sport)

### TOPIC of the Goals

- **Improvements** (example: endurance, better health, max bench, sleep better)

## OBJECTIVES

**The methods used to accomplish your Goals**

## S.M.A.R.T.

### SPECIFIC

- **Goals must be clearly spelled out & written down**

### MEASURABLE

- **Test to determine if objectives are being achieved** (example: Weight Loss - take body measurements (waist, chest, arms etc.) and chart any weight change by getting on the scale everyday; day & night)
- **Knowledge and control** (example: food value and portions)
- **Be aware** (example: calorie intake, nutritional value)

## **ACTIONABLE**

- **Take action daily** (example: daily meal plan set)
- **Seek knowledge** (example: nutritional & proper supplementation information)

## **RESPONSIBLE**

- **The person responsible must chart and track all progress** (example: weight, size, calories, weigh-ins, food, schedule, etc.)
- **Show and share stories, achievements, struggles and successes of other teammates**

## **TIME FRAME**

- **Set up a time line for achieving those GOALS.** (example: set start and ending dates; example: 4 months, 6 weeks, season start, etc.)

**A S.M.A.R.T. PROGRAM is only as good as the Coach or Teacher. Keeping on-top of their program daily is KEY.**

Think about it.....

Everything you want to improve on in life or on the field must go through the above process or steps.

## **Tips and Notes**

- **DRILLS** should be done with individuals, groups and teams
- **Bo Shembeckler** was one of the all time greats on moving a programs needle. He did this by being attentive in all areas of the program and in the areas he wanted improvements.
- **No action, No Measure and No testing** is why improvements fail. Find a way to measure improvements.
- **Critical and Major Point** - "A Goal written down will be accomplished a minimum of 60% of the time." (~Bo-ism)