

# Goal Setting

By

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**“IF YOU DO NOT KNOW WHERE YOU ARE GOING YOU MIGHT NEVER GET THERE!” YOGI BERRA**

# MY Goal!

To Inform Advanced Soccer coaches on ideologies, philosophies and methodologies in setting and achieving goals; confirmed through feedback, discussion and 'group think' ideas, on a question and answers basis.

Engaging coaches, challenging them exit the presentation with more knowledge than entering!

To improve coaches, teams and players in joint planning, over the period of 1 hour

- ◎ **The hunter who chases two rabbits catches neither one!**



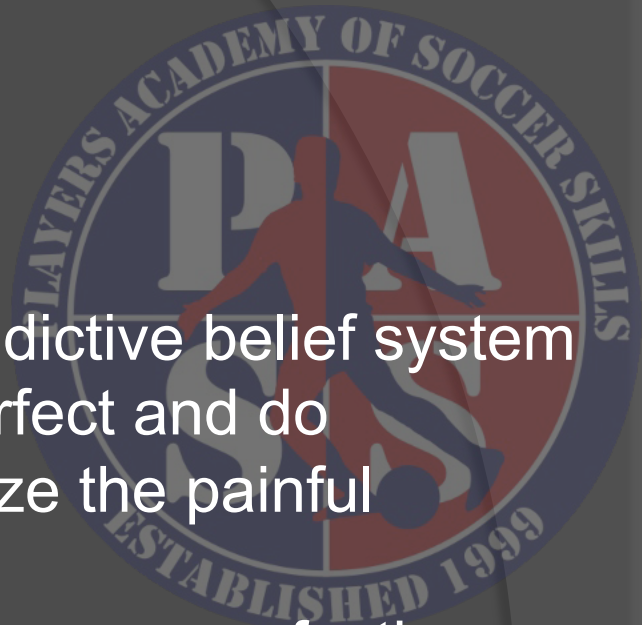
# Perfection

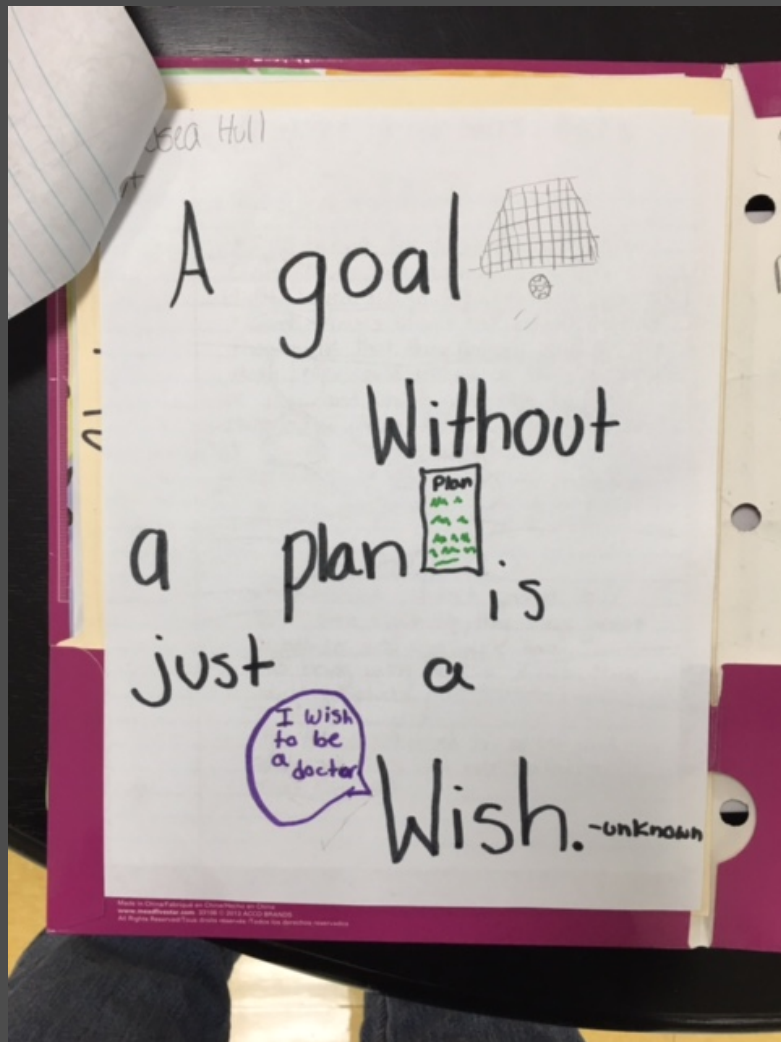
“Perfectionism is a self-destructive and addictive belief system that fuels this primary thought: If I look perfect and do everything perfectly, I can avoid or minimize the painful feelings of shame, judgment, and blame.

Perfectionism is self-destructive simply because perfection doesn't exist. It's an unattainable goal. Perfectionism is more about perception than internal motivation, and there is no way to control perception, no matter how much time and energy we spend trying.”

Is this possibly why some players do not transfer training to the field? Trying to perfect their game rather than master it?

“Daring Greatly”





**NOW!**  
**Write down a  
goal of yours!!**



# Goal Orientation

When players set goals related to what they do not want to happen they are setting AVOIDANT GOALS.

Avoid avoidant goals at all costs. They are negative and unhelpful

*Avoidant goals are back foot soccer.*



# Goal Orientation

APPROACH GOALS lead to freedom –  
AVOIDANT GOALS engender fear.  
APPROACH GOALS help player to win –  
AVOIDANT GOALS help players not to lose.

*Approach goals are front foot soccer .*



# Strategy

1. Take time to think positively about the end goal (product).
2. Think realistically about what it will take to accomplish progressive tasks.

(Process)

3. Mental Contrasting :  
Self Regulation

Growth Mindset

∨

Fixed Mindset



# S.M.A.R.T.



Kirschenbaum (1997)



# Setting Goals

1. Process or Mastery Goals:  
Refer to specific BEHAVIORS exhibited through a coach, player or team during a performance or period of time.

Mindset

Fixed or Growth

Deliberate Practice



The plan is to achieve daily acts of excellence in support of your ultimate dream goal:

Am I striving for personal gold or settling for silver?

# Setting Goals

## 2. Performance Goals:

Relate to specific criteria that can help a soccer player improve what they are trying to do:

Team goal - connect passes;

Individual goal – improve their third touch!

When dealing with Performance goals, set them on levels of performance, rather than the 'product Outcome' of winning or losing.

The win within the win!



# Setting Goals

## 3. Outcome Goals:

The outcome of an event – Target of winning a tournament or match.



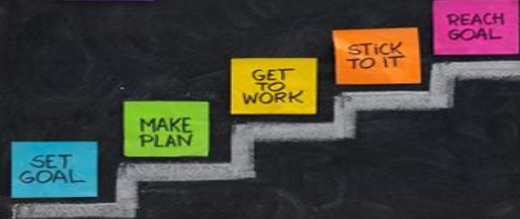
# Setting Goals

1. MASTERY OR PROCESS GOALS:
2. PERFORMANCE GOALS
3. OUTCOME GOALS

Combine all to create a  
“Multi Layered Goal Strategy”.  
Implemented over a  
sustained period of time

## GOAL SETTING

- S SPECIFIC
- M MEASURABLE
- A ATTAINABLE
- R RELEVANT
- T TIME-BOUND



- ### MISTAKES IN SETTING GOALS
- too BIG
  - too MANY
  - not SPECIFIC
  - not WRITTEN



Think it :Ink it!

Sketch out a  
plan of your  
goal



# Goal Orientated Feed Back

1. Know the players goals and journey.
2. Deliver feed back in relation to a players goals.
3. Research has proven feedback is most effective when it addresses a learners advancement, or journey towards their goals.
4. Non specific generic feed back on performance has proven less meaningful.



# Team Power Plan

1. Create a Team Power Plan
2. Have players communicate and draw on possibilities
3. Allow players to exercise their imagination and vision in the future of the team
4. Allow players to express actions that will support each phase of the journey:  
Outcome: Performance: Process: Outcome
5. Have them immerse themselves in the attitudes that back up the actions:

Approach Goals (Growth) V Avoidant Goals (Fixed)



# Team Goal Building

Group Task:

State Finals: Your role in the teams Journey

Supports:

Ownership

Knowledge

leadership

Responsibility

Commitment

Be on time to  
training

etc.

© Think it: Ink it





# Ambitions V Goals

The arguments of Ambitions over Goals.

- Ambitions often have no timeframe
- Ambition can act as a catalyst of wishes, motivations and wills.
- Ambition supports feelings of desire and determination.

Goals can support achievement of Ambitions.

Ambitions are achieved through setting of goals.



# The Goal After The Goal

As you achieve won add one!

Example:

Team Goal to reach  
State Playoffs.

Once achieved,  
If they do not set  
their next goal they  
may lose  
motivation or desire  
(BEHAVIOR)  
and regress.

Failing to maintain the gain.



# Presentation Goals

To inform coaches on ideologies, philosophies and methodologies in setting and achieving goals

Through feedback, discussion and 'group think' ideas, on a question and answers basis.

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Improve coaches, teams and players in joint planning

Over the period of 1 hour

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M MEASURABLE

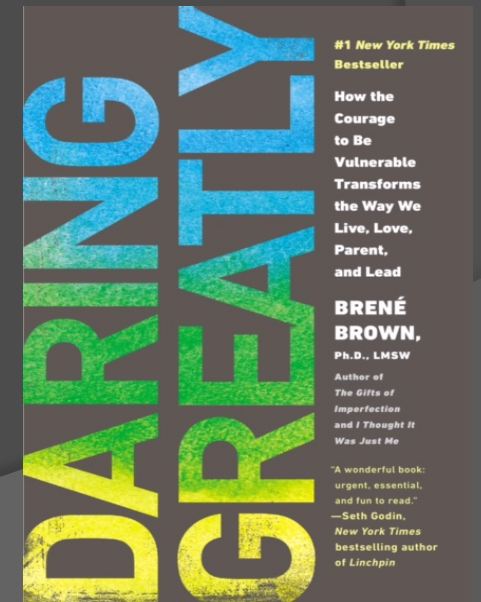
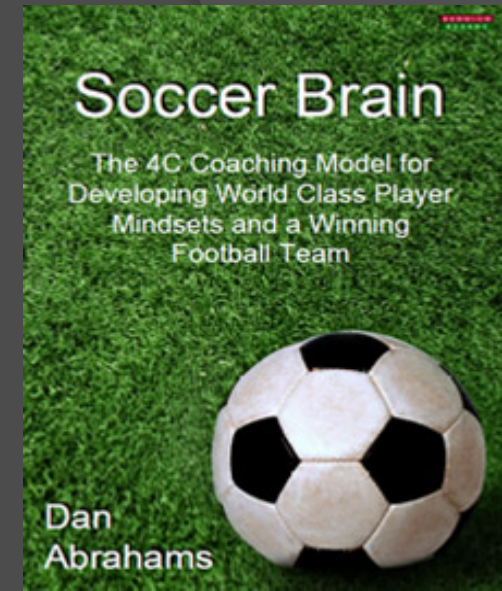
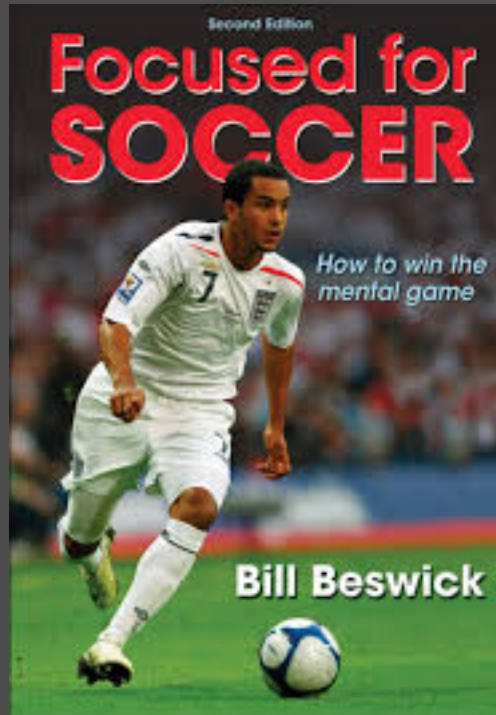
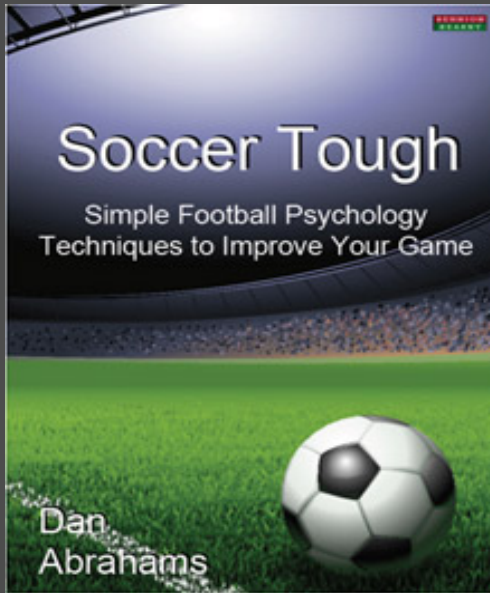
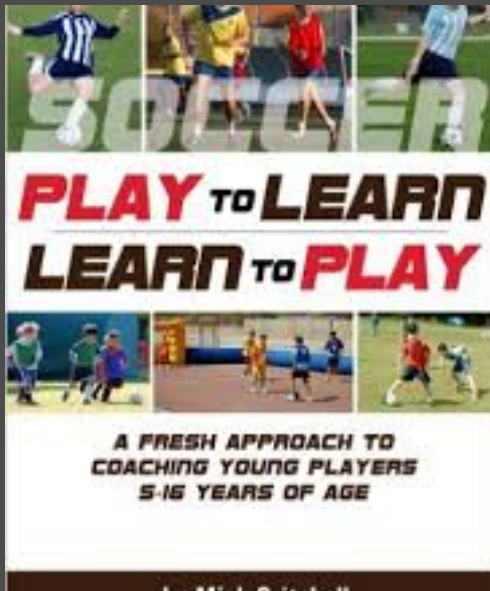
A ATTAINABLE

R RELEVANT

T TIME-BOUNDED



# Credits



# Thank you – Glazier Clinics

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