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b. Performance Goals – what standards do you want to attain in a game for example: “win 60% of your own puckouts, score more than 10 points from play, concede less than five frees in scoring zone”.

c. Process Goals – these are the goals you focus on in every training session which enable you to achieve your performance goals such as: “practice shooting in every training session, players attend 80% of training sessions, work on first touch in every training session, practice 30 puck-outs in every session”

Write these goals down to re-enforce your and the team’s commitment to working on them.

3. Use these to plan your seasons training around specific “process and performance goals”, review progress in games with performance goals and enable players to set their own individual goals for their own performance and development.
4. Goals should be **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**imebound, using this SMART logic will ensure the goals you develop are meaningful.
5. Regularly review goals and progress towards attaining them, this will enable you to keep everyone focussed and provide opportunity for review or modification based on progress, ensuring they stay current and relevant.
6. Encourage players to create their own individual goals, these can include all elements of the game such as: position, skills, conditioning, behaviour, mental preparation. Emphasise that they should be within their reach, relevant and attainable.
7. Review every training session and match to ensure that it has been focussed on making progress towards your performance and process goals. Exceptional players immerse themselves in process goals, guiding their training. Use goals and progress to provide constructive feedback to your team.
8. Be creative to keep goals top of mind and in focus for example: posters in dressing room, customised wristbands.
9. Celebrate the attainment of goals, provide positive re-enforcement and feedback to players on their progress.

Remember goals relate to performance and progress not an individual’s self-worth, not achieving a goal does not mean you are a failure, you just haven’t got there yet. Using goals to develop a growth mindset as highlighted in “Mindset” by Carol Dweck will enable players to find success in learning and improving their camogie skills through continually seeking to achieve their goals. Those who develop a growth mindset were found to thrive during challenging times and continually develop and progress.

You may not achieve an outcome goal such as winning the championship, only one team can do this, however making sustainable progress towards achieving performance and process goals will enable you to focus on building capability, skills, motivation and confidence in your players which can support their development as players over the long term and enable them to remain committed to camogie in the long term. The most successful players are known to be goal setters, goal-setting is a fundamental psychological skill that you can help your team and players to develop, to maximise their potential.

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