



GOAL SETTING FOR TOURNAMENT PLAYERS

Level II Coaches Course



By the end of this session you should be able to:

- explain the definition and importance of goal setting for tennis
- understand the different types and principles of goals in tennis
- know the steps and problems of goal setting
- understand what research tell us about goal setting
- devise effective and appropriate goal setting for tournament tennis players



GOAL SETTING

Definition

- Goal setting is the aim or purpose of an action
- It involves deciding where you want to go and the steps necessary to take to get you there



GOAL SETTING

Importance

- Setting ‘targets’
- Provide sense of direction and purpose
- Stimulate players to overcome challenges
- Specific goals increase players performance
- Help to determine what’s important
- Maintain and reinforce motivation
- Increase persistence and effort
- Direct attention to task-relevant aspects
- Ensure more productive use of time
- Reinforce self-confidence



TYPES OF GOALS

Candidate's task

Give examples of:

- Objective/Subjective
- General/Specific
- Outcome/Performance
- Short-term/Intermediate/Long-term



PRINCIPLES OF GOAL-SETTING

Candidate's task
Give examples of:

- Specific
- Measurable
- Agreed
- Realistic
- Time phased
- Evaluated
- Recorded



HOW TO SET THE GOALS

- Use questions
- In areas over which the player has control
- Change and adapt them if necessary
- Beware of mental aspects
- Monitor progress and reset goals
- Evaluate each training session at the end



COMBINATION OF GOALS

- Short-term (daily) with long-term (season)
- Individual (player) and group (team)
- Prioritise goals:
 - Which comes first?
 - Important goals vs. urgent goals
- Practice and matches goals



HOW TO REACH THE GOALS

- Daily practice
- Matches
- Season plans
- Sub-goals
- Tests



BEST TYPES OF GOALS

YES

- Short-term
- Performance
- Positive
- Effective, meaningful
- Self-oriented
- Quality

NO

- Only long-term
- Outcome
- Negative
- General, theoretical
- Oriented against others
- Quantity



GOAL SETTING QUIZ

Candidate's task

Link each phrase with the area

PLAYER



AREA TO WORK IN

- I need more power on my forehand
 - I lose all tie-breakers
 - I've lost my touch on the volley
 - I have problems when playing pushers
- Technique
 - Tactics
 - Physical conditioning
 - Psychology
 - Other

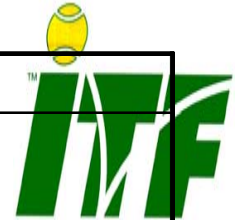


AREAS TO WORK IN GOAL-SETTING

Areas	Specific aspects
Technical skills	Grips, strokes, stroke production, footwork, technical corrections, biomechanical analysis, etc.
Tactical components	Phases of play, game styles, tactical patterns, design of matchplans, tactical analysis and evaluation in game situations
Physical abilities	Endurance, speed, power, strength, co-ordination, dexterity, agility, flexibility, etc.
Mental qualities	Motivation, concentration, emotional control, relaxation match preparation routines, discipline, communication, fighting attitude, etc.



GOAL SETTING SYSTEM FOR COACHES



Phase	Steps to success
Planning phase	<ul style="list-style-type: none"> * Think about the season ahead * Identify player's needs and possibilities in all areas * Turn the needs into specific goals * Determine priority goals * Identify possible strategies to facilitate the achievement of these goals * Invest commitment and effort
Meeting phase	<ul style="list-style-type: none"> *First meeting: Introduction to goal-setting to all players *Ask players to set their goals (give them a couple of days to do it) *Explain the theory to the player *Second meeting: Discuss players' goals *Other meetings: One-on-one to discuss player's personal goals *Sign-up a contract between player and coach regarding specific goals.
Follow-up/ Evaluation phase	<ul style="list-style-type: none"> * Schedule goal evaluation meeting periodically * Constantly remind the player of the goals * Provide feedback in written form * Show the player match statistics or coaches evaluation form of goals

PLAYERS AND GOAL- SETTING



Type of player	Characteristics	Goals
Performance-oriented	<ul style="list-style-type: none"> • They want to learn, to improve, to be better players. • They like playing tennis because they enjoy it, they accept the challenge of the battle. 	<ul style="list-style-type: none"> • They are their own point of reference • They prefer challenging, measurable, individual and long-term goals
Success-oriented	<ul style="list-style-type: none"> • They want to win, to beat others and to be champions. • They like playing tennis only when they win. 	<ul style="list-style-type: none"> • Other players are their point of reference • They prefer rather difficult, general, individual and short-term goals
Loser-oriented	<ul style="list-style-type: none"> • They are afraid of losing, they don't want to be compared with others • They don't like to play tennis because they don't have self-confidence 	<ul style="list-style-type: none"> • Other players are their point of reference • They prefer easy or very difficult, vague, team and short-term goals

GOAL-SETTING SYSTEM FOR PLAYERS

- Set the long term goal:
 - Where do I want to be?
 - Where am I right now?
 - What do I need to get there?
- Write a time frame: How long will it realistically take?
- Determine which areas to work on
- Assess present and future ability levels
- Devise the action steps needed: set some landmarks to help the player log the progress towards the goal.
- Monitor and evaluate progress



PROBLEMS AND OBSTACLES

- Too many goals
- No re-evaluation
- Unmeasurable or too general goals
- No goals or 'do your best' goals
- No strategies of achievement
- No adaptation
- Lack of faith in goals
- Academic problems
- Lack of confidence
- Excuses
- Wrong inter-relationships between goals
- Only outcome or result goals



WHAT RESEARCH TELL US ABOUT GOAL-SETTING

- Players with specific and challenging goals had better performance than players with easy goals, ‘do your best goals’ or players with no goals
- Players that use an appropriate goal setting technique enhanced their intrinsic motivation and improved performance



WHAT RESEARCH TELL US ABOUT GOAL-SETTING (II)

- Goals preferred by university coaches/players:
 - performance improvement (36%),
 - winning (24%),
 - enjoying (20%).
- Degree of goal difficulty preferred by university coaches/players is:
 - moderately difficult (60%),
 - very difficult (20%),
 - average (20%).



WHAT RESEARCH TELL US ABOUT GOAL-SETTING (III)

- Effective in 70% to 90% of the situations
- Goal-setting is not the ultimate solution
- Only increase performance by 5%
- Results of goal-setting are influenced by the overall motivation and attitude of the player
- They can't overcome a negative behaviour of the player towards tennis

