

Dream Big



Objective: Goal Setting & Movement

TIMING: 40-60 mins
WHAT: Pen & Paper, Movement
WHEN: Pre-Season Activity, Rainy day
WHO: Team, Group, Pair, Individual

SET-UP AND GEAR

- Pen and pencil
- Paper
- Individual or team activity

INTENDED OUTCOMES

- Players connect with their own motivation for coming to training and understand what they would like to achieve.
- Players learn more about their teammates and may be inspired by their peers' goals and ambitions.
- Coaches hear and understand their players' motivations and goals, placing them in a position to best support their players.

ACTIVITY SUMMARY

A perfect rainy day activity or something that can be done at the start of a new season. Taking the time to set realistic goals can help motivate young people to give their best to training and activities. The process of sharing their goals can be helpful as it gives a collective sense of accountability.

Activity Outline

5 mins The coach introduces the concept of goal setting and why it's important to have goals to work towards. Again, similar to other activities it's important to remind the team that there are no 'right' or 'wrong' goals. Everyone has different reasons for coming to training so everyone's goals will look different.

2 mins The coach hands out the worksheet (see below). The worksheet can be completed there or the players can take the worksheet home with them to complete in their own time. The worksheet takes approximately 30 minutes to complete.

5 mins Divide the players into small groups and ask them to discuss the following questions (this will help get the conversation going):

- Are there any skills you want to learn or get better at?
- Do you have any fitness goals?
- Are there areas you could improve in, such as remembering your gear, being on time or trying your best for each activity?
- Is there a game, match or competition you would like to compete in?

30 mins Players complete the worksheet there or at home.

Extension Activity

10 MINS

WALK & TALK WARM-UP

Once all the players have completed the activity or at the next training session, ask the players to partner up and do either a walking or jogging warm-up. As they jog around with their partner, players should share what their goals are and how they plan on achieving them. This will help them articulate what they want to achieve and get more clarity on why they want to achieve it.

10 MINS

NAME GAME

Once that's been done ask the group to make a circle so everyone can see each other. Have each player say their name and perform a simple movement or gesture that accompanies their name. Then ask them to share a key goal of theirs with the group. Encourage others to mimic the movement and repeat the player's name. For example:

- Andy - jumping jack - 'be on time for training'
- Amy - 2 squats - 'try my best at training'
- Sean - lunge - 'score 3 goals this season'
- Sinead - sprint on spot - 'get faster'

Tips & Tricks

- If easier, put the questions into a free online survey tool, (such as Google Form or Survey Monkey) that way players can complete the worksheet on their phones.
- Be sure to collect the completed forms so that you can return them to the players in a number of weeks/months to review and see how they are getting on with their goals.
- This activity can be completed a number of times throughout a season.

PILLAR INSIGHTS

Setting realistic goals spans the biological, psychological and social domains, offering a holistic approach to personal development and well-being.



BIOLOGICAL

Goal setting provides a structured approach that can help regulate stress. When young people set achievable goals like engaging in regular physical activity, it can lead to increased energy levels and better overall health, contributing to better stress management.



PSYCHOLOGICAL

This activity fosters a sense of self-efficacy, as young players experience the satisfaction of achieving their goals. The player's confidence in their own ability can positively influence their motivation to tackle more significant challenges in the future.



SOCIAL

Goal setting can play an important role in identity formation. Young people can explore different aspects of themselves through setting and achieving goals, contributing to a deeper understanding of how they want to spend their time.

Dream big

Check-in

How many times a week do you exercise/ move your body? (e.g. training, walking to school, cycling etc.)

How strong do you feel?

1 2 3 4 5 6 7 8 9 10

1 = not strong at all

10 = strong

How fit do you feel?

1 2 3 4 5 6 7 8 9 10

1 = not fit at all

10 = fit

How skillful do you feel?

1 2 3 4 5 6 7 8 9 10

1 = not skillful at all

10 = skillful

Dream Big

What would you love to achieve in your sport or training? Try and think about something that makes you excited (and maybe a little bit scared!)

1. What is your goal?

2. What are you going to do to help reach your goal?

3. How will you know if you have reached your goal? How will you feel?

4. Is there anything stopping you from reaching your goal?

5. Why is this important to you?

6. When would you like to reach your goal? (Pick a date)

Fun Fact:

By simply writing your goals down or telling someone about them you are more likely to achieve them!

I achieved my goal!

DATE: _____

PLAYER SIGNATURE: _____

COACH SIGNATURE: _____