

**GOAL SETTING**

By the end of this course (two hour indoor workshop) the coach should be able to identify a range of factors that motivate individuals through goals. It will help coaches to recognise the importance of Goal Setting in the short, medium and long term and action plan to modify coaching behaviour to facilitate goal setting to motivate both themselves and their players. The course is offered to three different coaching populations with the content and approaches appropriate to the level of players being coached.

**Coaches of Children (7-12)**

This course will increase the coach's understanding of goal setting appropriate to the requirements of young children, with particular focus on performance goals versus outcome goals. The course will also develop coach's ability to:

- identify specific short, medium and long term goals for coaches and players appropriate to the level and ages involved.
- identify why children play rugby and identify appropriate areas in which to set goals.
- develop an understanding of process, performance and outcome goals and their importance in relation to each other.
- develop methods of goal setting with adults who may be predominately outcome focussed.
- develop techniques to action plan, monitor and achieve goals.
- establish the key traits that will facilitate goal setting as a motivation tool.

**Coaches of Youth Players (13-18)**

This course will increase the coach's understanding of goal setting in motivating and improving young players, with particular focus on developing performance. The course will also develop coach's ability to:

- identify specific short, medium and long term goals for coaches and players appropriate to the level and ages involved.
- identify why people play rugby and others wish to set goals to improve their rugby experience.
- identify that many teenage players have high aspirations from either their own motivation or imposed by others.
- develop method and understanding to deal with such scenarios.
- develop an understanding of process, performance and outcome goals and their importance in relation to each other.
- develop techniques to action plan to monitor and achieve goals.
- establish the key traits that will facilitate goal setting as a motivation tool.

**Coaches of Adult Players**

This course will increase the coach's understanding of goal setting, action planning and monitoring players and teams to achieve higher levels of performance. The course will also develop a coach's ability to:

- identify specific short, medium and long term goals for coaches and players appropriate to the level.
- identify the fact that adults play rugby for different reasons. Identify and manage those that may have ambition and those who may not.
- develop techniques to action teams and individuals that may motivate to attain higher performance.
- develop an understanding of process, performance and outcome goals and their importance in relation to each other.
- develop techniques to action plan to monitor and achieve goals.
- establish the key traits that will facilitate goal setting as a motivation tool

