

Goal Setting

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Performance & Lifestyle Resource

Goal/Why

To improve my shooting as it is currently weak with approx only 50% of my shots going over the bar.

Plan of Action (3 steps to get to desired position)

1. Ask advice from my coach on how I can improve my technique
2. Practice shooting in competitive practice situations 3 times a week with the aim of improving by 10%
3. Practice my shooting after conditioning so that I can maintain my focus even when I am tired.

Possible Obstacles

Not getting to practise in competitive situations 3 days a week due to lack of facilities or study time.

Possible Solutions

Using the time I do have to practice with focus and intent - making it as competitive as possible.

Watch past videos of myself where I shot well and focus on the positives.

Name: _____

Date: _____