

DEVELOP YOUR ULTIMATE POTENTIAL.



GOAL SETTING TIPS TO MAXIMISE YOUR PERFORMANCE.

✓ Write your goals down.

Matt Thombs, England Under 20s Team Psychologist, explains how goal setting will assist you in reaching your full potential.

Review your goals regularly.

Don't set too many and share them with your coach.

Make them specific, realistic, but challenging.

Set goals around training and games.



- ✓ Goals can instigate effort and commitment.
- ✓ Goals can increase motivation.
- Goals can promote problem solving.
- ✓ Goals can increase self confidence.

THE GOAL HIERARCHY.

OUTCOME GOALS.

Goals related to winning a competition, achieving a desired finishing position or reaching certain milestones in your career. Outcome goals help to maintain interest and drive high standards, your best possible chance of achieving them is through setting performance and process goals.

PERFORMANCE GOALS.

1

Goals related to the on and off field activities that help you perform in rugby. Such goals are set around the five areas that make up performance in sport, which are technical, tactical, physical, mental and lifestyle.

For example: Making a tackle

PROCESS GOALS.

Goals that you have the highest level of control over. They are the procedures that underpin your performance goals.

Process goals that underpin a tackle for example:

- Hit with the shoulder
- Wrap my arms and drive with the legs

LOW

LEVEL OF CONTROL

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HIGH

