

YOUNG ATHLETE GOAL SETTING GUIDE

Help your athlete set one big goal and two habits that build consistency.

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GOAL 1: ONE BIG GOAL

A growth goal, not a performance result.

Help your athlete choose the kind of athlete they want to become this season.

Who do you want to become this season?

What quality matters most right now?

How will you know you are growing?

EXAMPLES OF GROWTH QUALITIES



CONFIDENT



DISCIPLINED



COACHABLE



RESILIENT



CONSISTENT

Our Big Goal: _____

2



GOAL 2: TRAINING HABIT

A habit of practice and skill work.

Help your athlete choose one simple skill habit they can repeat each week.

What skill needs extra work?

How many days each week will you practice it?

When will you do it?



EXAMPLE

*15 minutes of skill work
4 days each week.*

Our Training Goal: _____

3



GOAL 3: MINDSET HABIT

A habit of responding positively after mistakes.

Help your athlete choose a simple response they will use after a mistake.

What usually happens after a mistake?

What do you want your reset to look like?

What will you say or do next time?



EXAMPLE

*Take a breath,
reset, move on;
next play.*

Our Mindset Habit: _____

KEEP IT SIMPLE: PARENT TIPS

1. CHOOSE GOALS YOUR ATHLETE CAN CONTROL.

*Focus on actions and effort,
not outcomes.*

2. KEEP HABITS SMALL AND REPEATABLE.

*Small steps, done consistently,
create big growth.*

3. REVIEW THE GOALS TOGETHER EACH WEEK.

*Celebrate progress and
adjust as needed.*