Goal Setting Worksheet

Goals that serve the model.

Write one outcome goal, one performance goal and one process goal. Each one names the principle it serves, and each is specific, measurable, achievable, relevant and time-bound.

Club or academy	Age group	Season

Academy goals

Type	Goal	Principle it serves	How we measure it	By when
Outcome				
Performance				
Process				

Individual player goals

Player	Principle to grow	Goal	Check date