



PHYSICAL ACTIVITY DAY 4 GOAL SETTING AND OFFLINE ACTIVITY

After a hard interval session, it is important (and nice!) to have a recovery day plus you are going to be doing a lot of thinking as well! All top athletes sets goals, and it is a big part of their success. But setting high, almost unachievable goals is easy, reaching them is the hard part. To achieve this, you need to not only visualise and plan the pathway to towards your future, but also focus on W.I.N. - What's Important Now.

Today we want you to do one hour of easy low intensity training, preferably outdoors and in the forest, by a lake or some nice environment if possible. You choose what activity (running, hiking, cycling, swimming, climbing, canoeing) but you are going to do it offline. No phone, no music, just you yourself and your mind, thinking about goals.

Preparation:

1. Before you start your activity, read the instructions and the example on how you could build your goal-setting form.
2. If you have made a season plan for you and your team, read it and if you have written down season goals for the team, take a note of them.
3. If you have personal goals, take a note of them too.
4. Now: go out and enjoy the outdoors.

Instructions:

1. When you start your goalsetting process it is a good thing to start with the goals farthest away. Think about your dream. Hopefully this will give you a sense of direction and motivation.
2. Then think about what your situation now is, this will help you to determine **Attainability**:
 - a. Training: How many hours do you put in towards your goal (ice practice, mental practice, watching curling, physical training).
 - b. Facilities: Is it easy for you to get practice ice, is it nearby and available or far away and always full. What about possibilities for physical training.
 - c. Support: are your parents and family supportive? Do you have a coach? Do you practice by yourself or with others.
3. With the present situation in mind, start brainstorming long-range goals, firstly just what comes to mind, then use **SMART-E** (see further down in the document) to make them better.
4. Now break the long-range goals down to mid- and short-range goals. Also using **SMART-E**
5. When you are finished, put it in the wall. Make it visible. The goals should always be on your mind.

Afterwards:

Share this with your teammates and coach. Compare with them, maybe you have different views on the same kind of goals.

Suggestions for building a goal form.

Below is an example, free to use. If you have another way to get your goals on paper, just keep on doing your thing. Think of this example as an inspiration to expand your way of doing goal-setting. Firstly, just a few clarifications.

Types of goal	What are they	Example
Result goal	Something easily measurable and clearly defined. What does the team or you as a player want to achieve. This goal is dependent on other competitors as well.	<ol style="list-style-type: none">1. Qualify for and compete in the national championship.2. Top three in all NJCT tournaments.
Performance goals	This goal should say something about what you think you have to perform to reach your result goal. Different physical, technical, mental or other skills you think is necessary to master.	<ol style="list-style-type: none">1. Make 80% of all runbacks shorter than 2 meters.2. Draw the button 8 out of 10 times on pre-game practises.3. Be able to calm myself down 8 out of 10 times when I get "hot headed" during matches.
Process goals	This goal should describe how you carry out the activity itself. What should you focus on, and how should the team work together. These goals are usually short term, and should help you achieve performance goals.	<ol style="list-style-type: none">1. Do two off ice, strength sessions each week.2. Visualise my slide for 10 minutes each day.3. Maintain 80% + focus in on ice training sessions.
Short-range goals.	Goals set for the nearest future: a month, a week, next practise.	
Medium-range goals.	Goals set for the next one to six months.	
Long-range goals	Goals set for the end of this season or the next season.	
The dream	A goal set for some time in the future, an almost unachievable goal that you still want to reach for.	

Remember to be SMART-E when you put down your goals:

- S – be as **Specific** as possible to make is easy to measure.
- M – make the goal **Measurable** - define how you will measure it.
- A – make sure the goal is **Attainable**, it is possible to reach it in a certain timeframe.
- R – make it **Relevant** with your values and long-term goals.
- T – put down a date when you will make it happen so it will be **Time-based**.
- E – make a plan for when and how to **Evaluate** your goals.

Goalsetting form (example)

Name of player: P-Dawg Coach: Mister James "The Unicorn" Dryburgh			Dato: 05.08.2020	
Mål: Dato:	Short-range goals: Before 05.09.2020	Mid-range goals: Before 05.02.2021	Long-range goals: Before 05.12.2021	Dream goal:
	1. Stay 80% focused on the task in practice. (PeG) 2. Two off ice core strength sessions each week. (PrG) 3. Set at least 16 run-backs in each practice. (RG)	1. Make the semifinal in the Norwegian MD championships. (December 2020) (RG) 2. Stick 85% off all runbacks under one metre in matches. (PeG) 3. Have fun 95% of all practices! (PrG)	1. Win the Norwegian MD championship 2. Team meetings after every game.	1. Mixed Doubles Olympic Gold medallist.
Evaluation	1. I will score my focus on each practice from 1 – 10, my teammate will verify or challenge it. 2. I will log each session in my training diary. 3. Take a note of stone count. - Evaluate 06.09.2020 by my self. - Evaluate Attainability of the mid-range goals, if I feel adjustment is needed I will talk to my coach.	4. Check the results. 5. Make sure my coach or others keeps a score. Sticking means that the stone runned back should not roll out of the house. 6. Give a smiley or a grin face for each practice in my training diary. - Evaluate 06.02.2021, with my coach. - Evaluate the Attainability of the long-range goal, and adjust accordingly.	1. Attainability will be evaluated with mid-range goals. 2. I will keep a log of team meetings in my training diary.	

Explanations: (RG) = Result goals, (PeG) = Performance Goals, (PrG) = Process Goals