

Team Goals Worksheet¹

Setting Goals effectively will provide 3 important things for you:

1. Direction – where does the Team need to go and how will it get there?
2. Feedback – we can compare where the Team is with where it wants to be, and measure our progress.
3. Support – Team goals serve as a reminder of the purpose of what we do.

You can tell you have set effective goals with only 3 questions:

1. **Do the goals cause Team members to change their individual behavior to contribute to the Team goals?**
2. **Do the “smaller” goals help the Team get to the bigger goals?**

It's easy to set the big goals (Win the state tournament, etc.); it is much more difficult to set the smaller goals that will enable the bigger goals to be realized. If the Team takes care of the smaller goals, the bigger goals will take care of themselves.

3. **Are the goals within the Team's control?**

It's easy to set a goal of winning, and that is one of the purposes of a competitive Team (to WIN!) but there are other goals. A goal should be challenging, but not unrealistic. The goals should be within the Team's your control, and all on the Team must fully support the goals!

Answering “Yes” about the Team goals to each question above indicates the Team has formulated a pretty good set of goals.

So, what is the Team now, and what does it aspire to be? Success or failure is the Team's decision. Defining the Team's goals and purpose will help to shape the Team and its Successes!


“It is not only what you say, it is what you do!”

This worksheet will help the Team formulate its goals, and it will help develop plans to get there.

¹ Many items in this worksheet were borrowed from the United States Olympic Committee Sport Psychology Training Manual and from other coaches.

Identify 2 challenging, but possible outcome based goals for the season (wins, team kill %, etc.).

Write those goals here:

 Increase serving and serve receive efficiency throughout the season.

How does the Team want to be perceived by others? What should be the Team's attributes or characteristics?

Improved in our ability to be competitive.

We also want to be respected by and respect our competition.



What are up to 3 things that MUST happen for us to be able to say our Team had a successful season (meaning that we may say that we failed as a Team if we do not accomplish them)?

Continue to progress and improve throughout the season. We have to beat teams that we know we can beat.

What will our team be good at doing?

Our team will be good at talking and uplifting each other when we get down.

What is/are our Team's goal(s) for this season, what does it want to accomplish, what will our Team BELIEVE it WILL accomplish?


We believe we will get past the 1st round in tournament.  By doing the previous we will show we are a competitive  team.

Write 2 strategies to focus on in training and practices that will enable our Team to develop upon the goals.

1. In training, we will... be intense on the court.

2. In training, we will... talk on the court and be scrappy on the court.

What do other Teams have or do that our Team most needs to work on?

Other teams come onto the court with very high confidence levels and  they know how to win.

Now, put all these thoughts together, and develop a succinct 1, 2, or 3 sentence paragraph that describes our Team and what it will strive to accomplish:

By keeping up our intensity and focus, we will achieve a winning season and win our 1st round tournament game.

These our Team goals and I am committed to achieving them:

Name: Veronique Jones

Name: Luz Bustraca

Name: Caitlin Allen

Name: Casey Renouf

Name: Carmen Mitchell

Name: Ann L.

Name: Molly McGreegan

Name: Kim Farnham

Name: Alyssa M. Dominguez

Name: Danielle Mitchell