

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 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 %, State Tournament level reached, etc.). Write those goals here:

- 1.) Have a 85% no error serving average or above
- 2.) At least win the 1st tournament game.

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

The Team wants to be perceived as competitive and aggressive by other teams in our league. The Team's characteristics will include being scrappy, loud, confident, intimidating, and never letting the ball hit the ground.

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)?

- 1.) Have our team stats to continue to improve throughout the season.
- 2.) Master the co-op tip drill in 8 minutes with 20 points.
- 3.) Hold a positive attitude no matter what during the season.

What will our team be good at doing?

Our team will be good at reading the hitter's hands, strong aggressive serves, smart hitting placement, and tip and hitting coverage.

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

Our team wants to be perceived as a competitive and respected team. Our team will master the co-op tip drill during practice. Throughout our games we will improve our serve receive and constantly stay positive.

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... call the ball by staying loud and communicating

2. In training, we will... self correct ourselves and remind each other.

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

Our team needs to work on strong aggressive serves and have 100% focus during the games to have competitive play.

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:

The 2010 CSG Varsity Volleyball Team will work together to develop strong communication, scrappy play, and never allowing the ball hit the ground. While developing these goals and keeping a positive and dedicated attitude, the team will strive to reach their "bigger goals" including winning the first tournament game and having a 85% no error serving average. Therefore by striving to reach both the "smaller" and "bigger" goals we will help build our program and earn more respect and a stronger sense of competitiveness by others.

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