

Central Ohio Volleyball - 15 State (Mitchell) Goal Sheet (2006 Season)

Player Goals Worksheet

Who are you now, and who do you aspire to be? Success or failure is your decision. You have the choice to become the person, teammate, and player you want to be.

This worksheet will help you formulate your goals, and it will help your coach help you to get there.

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

List 2 of your strengths that will assist you in volleyball:

1.

2.

What are 2 of your goals that relate to volleyball skills (passing, setting, attacking, approach, etc.)?

1.

2.

What are 2 of your goals that relate to the other aspects of volleyball (systems, strategy, decisions, etc.)?

1.

2.

List 2 goals you have for your team.

1.

2.

These are my goals, and I am committed to achieving them:

Name: _____