

Long and Short Term Goal Setting

***)A long-term goal for this season is:**

What are the abilities or skills you need to achieve this goal?

a.

b.

c.

What can you do in the short term to develop those abilities and skills?

a.

b.

c.

What can you do next practice session/match to develop those abilities and skills?

a.

b.

c.

***)A long-term goal for this season is:**

What are the abilities or skills you need to achieve this goal?

a.

b.

c.

What can you do in the short term to develop those abilities and skills?

a.

b.

c.

What can you do next practice session/match to develop those abilities and skills?

a.

b.

c.