



# Effective goal setting



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# Goals

- Do you know what drives you and motivates you?
- Do you know your strengths and weaknesses?
- Have you set yourself goals?
- Do you work systematically on your progress?
- Do you know what kind of referee you want to be?



# To achieve success you need...

1. Clear goals
2. Motivation – a strong will
3. Belief
4. To plan and prepare
5. To take action and follow through





# Clear goals

- Can I see the goal in my head?
- How does it feel like? How do I want to be?
- What kind of skill, attitude and performance do I need to possess?
- Cool head? Determination? Stamina? Concentration?
- What obstacles can stand in my way? What do I want to do differently?



# Motivation

- Are you hungry enough? Enthusiastic?  
Am I interested?
- What's the gain? What are the benefits of reaching the goal?
- What does it take? Am I ready to do more?
- What sacrifices? To much effort? Do I really want to put myself through this?
- Do I set myself obstacles?  
Have I already made some excuses?



# Belief

- Do I sincerely believe that I can do this?
- Do others believe in me? Does it matter to me?
- Do I see myself as a winner?
- How do I talk to myself / about myself?
- Am I looking for solutions? Can I work through my doubts?



# Preparation

- Are your ways laid out? Way A, B or even C?
- What do I precisely have to do? When do I start? Are the surroundings ok? Equipment?
- What do I have to practice – make better?
- How am I going to face adversity and the unexpected?
- What kind of images and suggestion will I use?



# Action

- Practice – step by step
- Prepare for mistakes or protest – don't be disappointed or use self-pity.
- Quitting is not an option!
- Use your support system – be around positive people
- Only you can reach your goal – no one can do it for you



# Goal setting – Outcome vs. Performance

- Being too fixated on outcome (longer-term) goals can increase stress levels
  - “Get to Denmark...”, “Referee the gold medal match”
- Performance (shorter-term) goals are more controllable
  - “Remain confident throughout the game”
  - “Staying focused during the tougher times”



# Keep in mind

- Write down the goals that mean the most to you. And keep them visible!
- Set time limits for both your outcome goals and your performance goals. Keep the time limits
- Be quick to stand up again if something goes wrong
- Stop regularly and see if you´re on the right track.



# Way to communicate

*A coach disagrees with us and is unhappy...*

“Coach, I understand what you’re saying, however, on that play I didn’t see it that way“

*A coach feels we’re missing fouls on his team...*

“Coach, it looked different from my angle, but we’ll watch out for that“



# Way to communicate

*A coach raises his voice and shouts questions...*

“Coach, I can hear you, I’m standing right here. I need you to stop raising your voice and just ask your questions calmly“

*A coach offers a fair assessment...*

“You’ve got a good point there, coach. We’ll talk about that one at half time“



# Referees with good self-confidence

- Have faith in themselves and what they do
- Well-balanced, patient and open-minded
- Able to deal with mistakes, benefit from them
- Are faithful to their convictions
- Body-language reflects their self-confidence



# Building confidence

- What do I have *control* over – focus on that
- *Preparation* is the primary tool for developing confidence
- Take advantage of *good advice* and *criticism*
- Place the emphasis on *positive thoughts*



# The 3 C's



I'm:

- Cool
- Concentrated
- Confident



# Coaching in Denmark

- Regular meetings - confidentiality
- Right preparation?
- Right stress-level?
- Being at my best when it matters most?
- Sustaining confidence and concentration?
- Whatever it is we'll work together on finding solutions!



# Home assignment

What 3 aspects of mental preparation am I specifically going to work on before I get to Denmark?