

Effective goal setting



Jóhann Ingi Gunnarsson, psychologist



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Mental training

- It takes time to develop physical, technical and tactical skills
 - It also takes time to develop mental capabilities
- It's important to understand the need to commit to mental training



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Mental preparation

- How much time have I spent on mental preparation so far?
- How much time are you going to spend on it to achieve more success?



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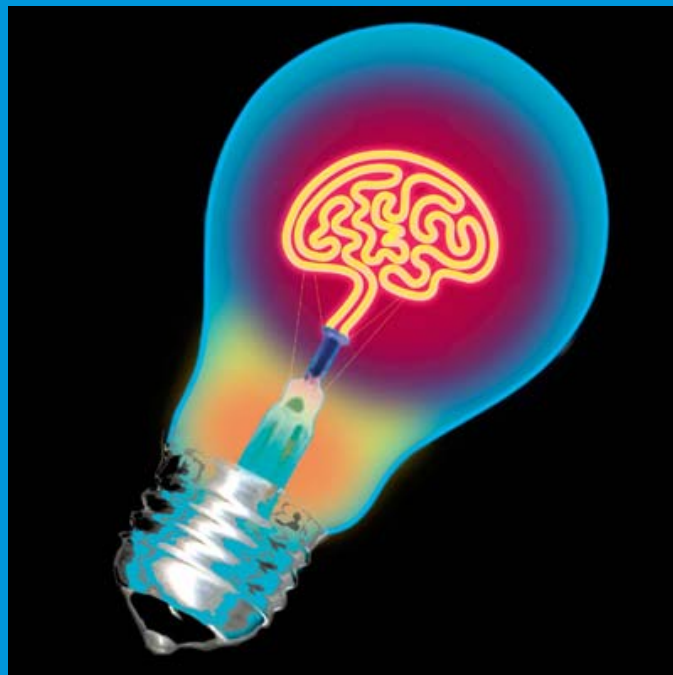
“Failure to prepare
is preparing to fail”

John Wooden



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**I'm responsible for
my own mindset!**



- Is my light on?



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Mental preparation

- The next match is the most important match in my career
- Video analysis is a must – but don't overdo it
 - Establish the right mindset - I *choose* a positive mindset
 - Decide where you draw the line



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Mental preparation

- Expect mistakes
- Expect to make tough decisions
- Expect a good performance



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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 coach you want to be?



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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



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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?



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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? Too much effort?
Do I really want to put myself
through this?
 - Do I set myself obstacles?
Have I already made
some excuses?



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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?



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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?



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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



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Goal setting – Outcome vs. Performance

- Being too fixated on outcome (longer-term) goals can increase stress levels
 - “Win the championship...”,
“Be elected coach of the year”
- Performance (shorter-term) goals are more controllable
 - “Remain confident throughout the game”
 - “Staying focused during the tougher times”



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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.



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SMART

- Specific
- Measurable
- Achievable
- Realistic – Challenging
- Time-based



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“Wanting to win isn’t
enough
– champions need to win”



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