

Box Lacrosse

Goaltending

Level IV

“Goal Setting”

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Goaltender Career Development

Setting Goals:

This is an exercise to help goalies understand the different ways to improve as a goaltender. The exercise does not have to be detailed, just do the exercise then leave it for a few days and then go back and read it. You may find that you have truly written down not only your MAJOR goal but you may know how you intend to accomplish it.

The Exercise

In order to set down the building blocks to reach you're the level of success you desire it is important to lay out short term; medium and long term Goals. Remember, setting a goal is not enough. Come up with reasons for accomplishing it. Remember, write your reasons first and then write the goals second. You will discover the underlying reason for wanting to accomplish your goals. With every success, the goalie discovers the “why” behind their goal and that's their power to achieve it. With the ability to have a goal, instantly comes the ability to achieve it.

First lay down the reason for wanting to achieve the goals you are about to set. Next write down the short, medium and long term goals. Finally write down how you intend to achieve these goals.

Now by analyzing your Mental and Physical abilities as well as your Goaltending strengths and weaknesses; this will give you an idea of where your focus should be for improvement ,in order to reach the success you want to achieve.

Lay down your Goals.

Short Term (3 months from today what do you want to achieve?) run 1 mile? , make a Junior A team? Lift 200 lbs in weight?

Medium Term(Loss 40 Lbs & be able to do 100 in and outs in the crease)

Long Term(Get drafted, go to university, Run 10 miles)

SHORT TERM GOAL:

REASON:

GOALS:

I Will Achieve These Goals BY:

- 1-
- 2-
- 3-
- 4-
- 5-

MEDIUM TERM GOALS:

REASON:

Medium Term Goals – Now to 12 months

I Will Achieve These Goals BY:

- 1-
- 2-
- 3-
- 4-
- 5-

LONG TERM GOALS:

REASON:

Long Term Goals - 1-2 years

List all your personal physical and mental strengths and abilities.

At least 10

1

2

3

4

5

6

7

8

9

10

List all your personal mental and physical weaknesses.

1

2

3

4

5

6

7

8

9

10

List all your Goaltending Strengths.

List all your Goaltending Weaknesses.