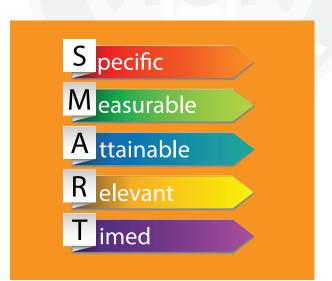
SETTING REALISTIC GOALS

New players need to have goals. Each goal should be Specific, Measurable, Attainable and Relevant with Realistic Timeframes (SMART). It is important that before introducing a new skill, the player is ready. It is our job as a coach to set the player up for success and to ensure that the player can crawl before he/she can walk.

The player, in conjunction with the coach, should always have short- and long-term goals. Always under-promise and overdeliver. Be flexible and review outcomes regularly. Start with running hoops consistently and improving personal bests. A goal for a beginner should never be about winning.

A record of the player's progress is helpful when planning your next session. A checklist ensures what to cover before the new player joins the club. When a player's goal has been achieved, ensure that you celebrate that success.



Notes:

MY CROQUET GOALS

	Goal	Goal	Goal
6 Month			STRAL
Actions			
Outcomes			
12 Month			
Actions			
Outcomes			

EXAMPLE OF A COMPLETED GOALS SHEET

MY CROQUET GOALS

	Goal	Goal	Goal
6 Month	More accurate with rushes.	Able to play and use pass rolls effectively.	Know how to take a bisque.
Actions	Book a time or ask the club coach. Complete drills. Use the imaginary ball technique.	Book a time or ask the club coach. Complete drills. Start with small distances.	Book a time or ask the club coach. Complete drills. Watch or talk to senior players.
Outcomes	Hoop are easier due to closer hoop approaches.	Now have a ball to roquet after making the hoop.	Now more evenly matched when receiving bisques.
12 Month	Able to make a break of 6.	Better understanding of the Rules / Laws.	Enter and play in competitions.
Actions	Practise using replays and work out how the errors are occuring.	Buy a Rules / Laws book and highlight anything that is confusing.	Use the croquet calendar and work out the best events that suit
Outcomes	Set a new goal of 8-10 hoops.	Able to make better decisions on the lawn.	Standards will improve with competition.