



**Performance goals v Outcome goals**

There are two types of goal that can be recognised and set in sport; Performance goals and outcome goals. The difference between them is that:

***“A performance goal is concerned with technique and an outcome goal is concerned with winning”***

**Smart Targets:**

<b>S</b>	SPECIFIC	You need to make the goal a particular target / to your sport / you know what you are trying to achieve e.g. beat your personal best time or to improve your chest pass in basketball
<b>M</b>	MEASURABLE	need to be able to measure the goal e.g. to know how well you have done / to assess progress on a gymnastic apparatus
<b>A</b>	ACHIEVABLE	must be within the capabilities of the individual
<b>R</b>	RECORDED	goals should be written down when agreed with your coach
<b>T</b>	TIMED	goal of improving serving technique in tennis should be achieved in six weeks' time.

**Example of SMART TARGET SETTING**

In this example, Person A is a runner and Person B is a volleyball player.

	Person A	Person B
<b>S</b>	Run the Manchester 10 k in a time of 1 hour	To receive serve and make a controlled dig to the setter consistently
<b>M</b>	Run three times a week, including one longer run and decrease times by one minute every two weeks	One set of ten reps twice a week in training and measure out of ten
<b>A</b>	5 k time is 23 mins; current 10 k time is 1 hour 5 mins	70% success rate in training (7/10)
<b>R</b>	Log weekly 5 k/10 k run times and split times	Record scores in training diary
<b>T</b>	20 June	2 weeks' time