

# SPOT Goals

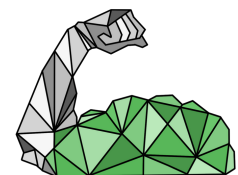
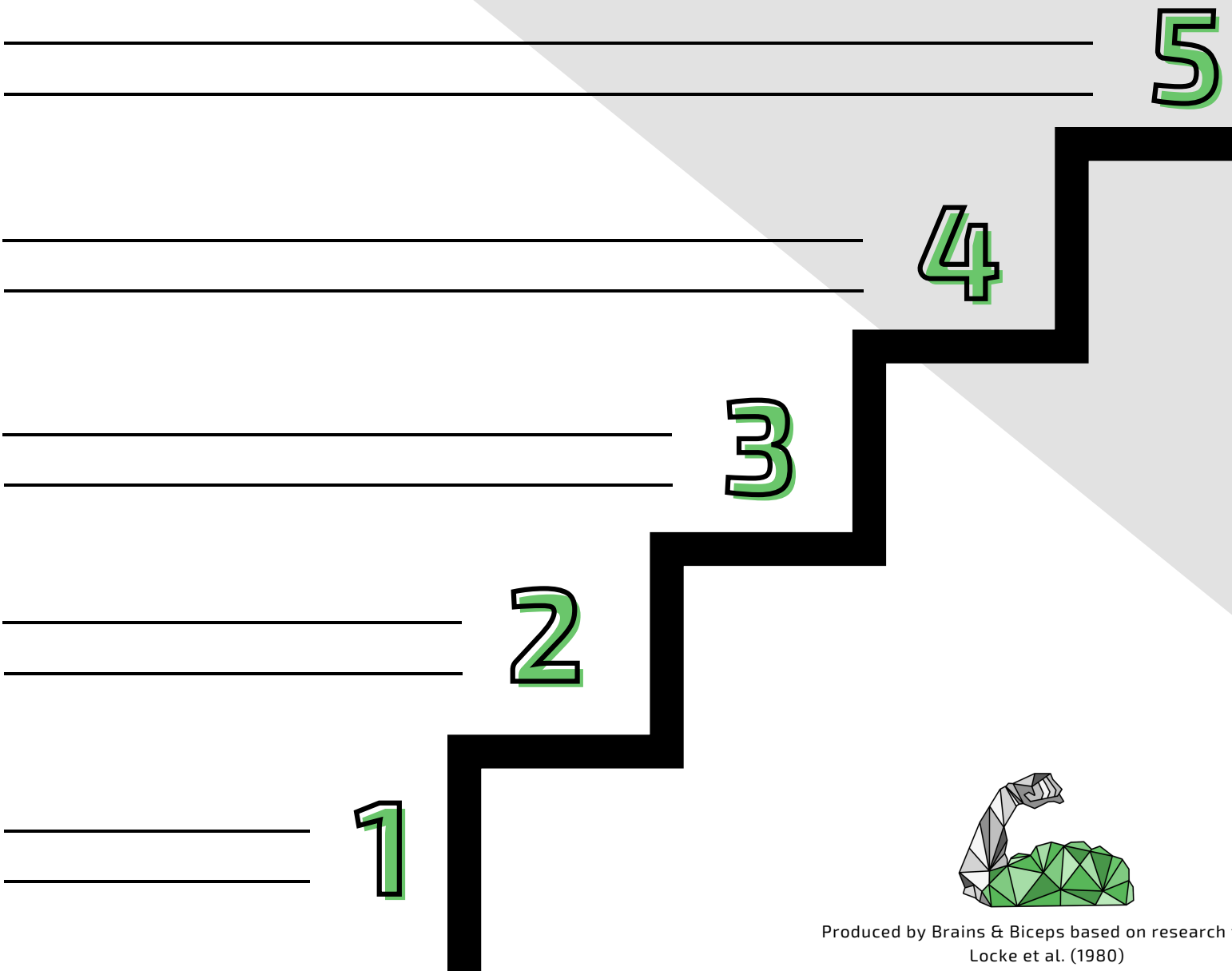
What is your training/performance goal?

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- Sensible
- Paced
- Obtainable
- Tangible

**Take the stairs!** Fill step 5 with your long-term training goal. Fill steps 2-4 with short-term goals to help you achieve the long-term goal. Fill step 1 with daily goals that will assist the short- and long-term goals.



# SPOT Goals

## Coach Sheet

**The Why:** This worksheet is to help athletes navigate through the goal-setting process. The long-term goal must be something that the athlete wishes to accomplish by the end of the season or training block. Always caution athletes from putting down “win a championship.” You want them thinking about what can they contribute by season’s end to help their team win that championship. Then have them work backwards. The key to this worksheet is that each goal should support other. **Example:** if the long-term goal is to squat 2xBW, then the daily and short-term goals should reflect proper form and recovery.

Learning how to properly create goals will not only assist athletes in the weight room, but will allow athletes to set effective goals for their performances and competitions. These strategies can also be applied to events outside of sport, such as academics, personal, and professional aspirations. As a strength & conditioning coach, we know that our work and relationships with athletes helps them to become a better, more rounded individual. Teaching this skill will help them to be successful and strive for greatness throughout every aspect of their lives.

**The How:** This can be done using the worksheet in a breakdown or during rest time on the back of a program page. Talk with athletes and encourage them to make SPOT goals. Just as important a spot or spotter is during big lifts, following SPOT principles will elevate the goal setting process.

**Sensible:** Is the goal specific enough to motivate you?

**Paced:** How long will it take you to reach the goal?

**Obtainable:** Is the goal reachable and practical?

**Tangible:** Can you measure success and progress?

### **The Prompt: (leading athletes through goal setting during rest periods)**

Follow below steps and speak bolded sections to the team.

1. Print off enough copies of the Athlete Worksheet for the entire team
2. Before team shows up for the lift session: write on the white board what SPOT means
3. Have pens/pencils set out by sheets for athletes to grab
4. In pre-lift breakdown after going over necessary lift information-

**One last thing, today during lift we are going to be working on goal setting during rest periods. We all know how important goals are, but sometimes we make ineffective goals. I want to help you create goals that will push you to be better competitors. To create a good goal I want you to think of the word SPOT. Just as a spot is important during lifts, it is equally as important in goal setting.**

5. Point to white board where you have written out SPOT and read the definitions

**I want each of you to write SPOT on the back of you sheet of paper and create a goal for what you want to achieve this season, a long-term goal. Then I want you to write 2 short-term goals that will help you achieve your long-term goal. During our cool-down, we will share some of our goals.**

6. Have worksheets ready to be passed out after lift if anyone wants to continue goal setting. Say- **I encourage all of you to use SPOT goals for any goal you wish to achieve. I have printed sheets if anyone wants to make goals for academics, training, or competition. Let me know if you have any questions. I am more than willing to go through you goals with you and help you succeed.**