

Star Search *Future Leaders*



”Creating Leaders and Champions – On Court and Off”

Goals – The Power of Dreams and Planning

Why have goals and what is the difference between a wish and a goal ? Goals inspire you, they focus your attention and they give you direction. They also help us get better at something we want and enjoy, and we feel good when we do achieve those goals. A **wish** is a desire, hope, or longing for something or for something to happen. A **goal** is the result that you are attempting to achieve through focus and hard work.

To make it easier to create a plan for achieving your goals you can use the **SMART Goal** plan.

Specific -- things I can see, hear, and do or follow my progress

Meaningful to me -- why I really want to achieve this goal

Achievable -- I control most of the things needed to make it happen

Realistic -- it is possible for me to do with hard work and perseverance

Timely -- I have a date for reaching my goal and if I don't achieve it by that date I will keep working on it until I succeed!

How can you turn your wishes into goals? Here is an example with your groundstrokes. My wish is that I would like to be able to hit 20 or maybe even 50 balls in a row without missing. My goal is that by working on my groundstrokes through drills and games my coaches suggest I will increase my consistency within 2 weeks until I can hit 50 groundstrokes in a row. Then - I am going for 100 in a row!

Working as a Team – Achieving Goals Together and Individually

- **FLIP THE MAT** - It is a SMART goal, but, will the team be able to achieve their goal of flipping the mat within the allotted time.
- **On-Court** - While acquiring on-court tennis skills the participants will be challenged with a number of team and individual goals to achieve this week.
- **Reinforcement** - Players are learning the value of setting goals and working hard to achieve them. Having goals (targets), making the right choices (last week's lessons), working hard and having perseverance (future lesson) will help them reach their goals.

Take Home - Each participant's parents will work with their child **to develop some SMART Goals to improve their tennis.** Work through the goal sheet for identifying some tennis goals, school goals, fun/adventure goals and caring and helping goals. Enjoy!