

Goal Setting

100 Point Exercise

With 100 points to allocate to individual objectives for the upcoming season, parents are encouraged to sit down with their youth athlete as they assign a point value to a series of potential goals. The 100 Point Exercise helps athletes identify and prioritize their goals for maximum personal development.

Parents can also write down their goals for their youth athlete's upcoming season. When you are both finished share them with each other. You might be surprised at the similarities and differences.

WHAT ARE YOUR GOALS FOR PLAYING SPORTS?

- _____ Become a good athlete
- _____ Learn to play the sport
- _____ Learn teamwork
- _____ Win
- _____ Gain increased self-confidence
- _____ Learn to deal with defeat
- _____ Physical fitness
- _____ Learn "life lessons"
- _____ Have fun
- _____ Make friends
- _____ Earn a college scholarships
- _____ Other (specify: _____)
- _____ Other (specify: _____)
- _____ Other (specify: _____)

= 100



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