



# PLAYER GOAL DEVELOPMENT

## SELF REFLECTION / SETTING GOALS

Parkland Basketball, its directors, coaches, and volunteers have now made a commitment to maximizing your potential on and off the court. This program was developed to help you strengthen your basketball skills, mental toughness, leadership and the ability to welcome positive change.

### SELF REFLECTION

Please take a moment to review and complete the following work sheet below, be sure to answer as you best see yourself.

NAME: \_\_\_\_\_

### Circle the number you feel best represents your attributes in each skill set:

*(1 = beginner / requires major correction, 10 = Advanced Skill / Knowledge)*

<b>SHOOTING TECHNIQUE</b>	1	2	3	4	5	6	7	8	9	10
<b>SHOOTING CONSITENCY</b>	1	2	3	4	5	6	7	8	9	10
<b>BALL HANDLING RIGHT HAND</b>	1	2	3	4	5	6	7	8	9	10
<b>BALL HANDLING LEFT HAND</b>	1	2	3	4	5	6	7	8	9	10
<b>DEFENSIVE AWARENESS “positioning”</b>	1	2	3	4	5	6	7	8	9	10
<b>OFFENSIVE AWARENESS “when to attack, when to pass”</b>	1	2	3	4	5	6	7	8	9	10
<b>OFFENSIVE ATTACK EFFECTIVENESS</b>	1	2	3	4	5	6	7	8	9	10
<b>DEFENSIVE STOPPER</b>	1	2	3	4	5	6	7	8	9	10
<b>BOXING OUT CONSISTENCY</b>	1	2	3	4	5	6	7	8	9	10
<b>PHYSICAL STRENGTH</b>	1	2	3	4	5	6	7	8	9	10
<b>TEAM LEADER</b>	1	2	3	4	5	6	7	8	9	10
<b>TEAMATE</b>	1	2	3	4	5	6	7	8	9	10
<b>HEALTHY DIET</b>	1	2	3	4	5	6	7	8	9	10

## **SETTING GOALS**

*“People with clear, written goals, accomplish far more in a shorter period of time than people without them could ever imagine”*

*(Brian Tracey)*

In this section we ask that you take the time to set some goals for yourself. When setting your goals, keep the following three factors in mind.

### **BE SPECIFIC**

Explain how you plan to achieve your goal. For example; “I will improve my shooting by spending an additional 10 minutes a day on my shooting form.”

### **MAKE YOUR GOAL MEASURABLE**

If your goal is to have better shooting accuracy, you can simply keep track of “makes vs misses” in a set sample set, 10, 20, 100 shots. For skill sets such as “better defense”, you may choose to evaluate whether or not your opponent beats you to the basket versus how many times you stop him / her.

### **BE AGGRESSIVE BUT PRACTICAL**

If last year you averaged 2 rebounds per game, you may not want to set a goal of 12 this year. It’s good to be ambitious, but practical. We do not want you to set yourself up for failure and lose focus on the process.

**“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. 26 times I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life, and that is why I succeed”**

**(Michael Jordan)**

Do not fear failure, learning from our mistakes is what allows us to succeed. Thank you for taking the time to help us aid you in achieving your goals.

If you require more space for your goals, then what is provided below, please feel free to write on the back of this form or attach an additional piece of paper to it.

Sincerely,

Jason Ouellette  
Coach / Director  
Parkland Pride

NAME: \_\_\_\_\_

## GOALS

GOAL:

MEASURE:

GOAL:

MEASURE:

GOAL:

MEASURE:

GOAL:

MEASURE: