



CALLS FOR COACHES

Family goal-setting worksheet

Giving youth athletes the opportunity to clearly define their goals and objectives is a key piece of creating a supportive team culture and giving kids ownership over their experiences. After you have completed the goal-setting tool with your athlete, prompt a conversation with their family to discuss what their goals for their kids are in the current season. NOTE: This exercise is best for families with youth athletes age 12 or under; for older youth, please use our tool for setting goals with athletes.

What skills would you like to see your child achieve by the end of the season?



Here is what our team/your child identified as goals: **(coach, please come prepared with this information)**. What are specific actions we can take to work together to support those goals on this team and at home?



What challenges would you like me as coach to be aware of to support your child on the field?

