



CALLS FOR COACHES

Setting goals with youth athletes

Giving young people the opportunity to clearly define their goals and objectives is a key piece of creating a supportive team culture and giving them ownership over their sports experiences. Use this table with each of your athletes to name their goals and check in with them throughout the season, utilizing the other tools provided to spark conversation. Be flexible to adjust as goals may shift. Outline how you as a coach can support your kids to meet their goals. **NOTE: this exercise is best for youth athletes age 12 or older; please use the family goal setting guide for younger athletes.**

Season milestones	Goals What do you aim to achieve this season?	Obstacles: What are some challenges you might face in achieving your goal?	Supports: What support might you need to achieve your goals?
Beginning:			
Mid-season:			
End-of- season			



Coach Goals

What practices can I implement that will support you in achieving your goals (e.g. have you lead a stretch, call on you once each practice, etc.)?

- _____
- _____
- _____