

Goal setting

The athlete and coach need to discuss new long and short term goals each year and the training program should be directed in achieving these goals. It is important that the goals should be realistic, should be the goals and dreams of the athlete. Many athletes are out there to set and achieve goals set by their parents and they fail because it is not their own. These goals must be written down and set in a place where the athlete can see and read them each day. I let my athletes make a collage with pictures so that is colorful and contains also things in life that they like and want to become one day, this should reflect their dreams. Goals should not be vague but specific.