



TRAIN LIKE STORM

GOAL SETTING FOR NETBALL SUCCESS

Preparing for a new netball season or an important event like netball trials is the perfect time to think about what you want to achieve.

It's a chance to look back on your progress, celebrate what you've done well, and decide what you'd like to improve. One of the best ways to set yourself up for success is by creating clear goals and making a plan to achieve them.

What is 'Goal Setting'?

Goal setting is the process of deciding what you want to achieve and creating a plan to help you get there. Having goals gives you direction and helps you stay focused on the actions that will improve your performance. Athletes who set challenging but realistic goals often perform better than those who don't set goals at all.

Why is 'Goal Setting' important?

Setting goals can help you:

- Stay motivated and focused.
- Build confidence in your abilities.
- Develop self-discipline and persistence.
- Feel a sense of achievement when you reach milestones.
- Improve your netball skills and overall performance.

Types of Goals

When setting goals for netball, it's helpful to understand some of the types of goals used by netballers. Each type can be useful, depending on what you want to achieve.



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Process Goals

These focus on specific skills or actions you need to perform during training or games.
Example: Concentrate on landing and planting your feet correctly before passing.

Performance Goals

These focus on improving your own performance compared to where you are now.
Example: Increase your average shooting accuracy or score 3 extra goals per game.

Outcome Goals

These focus on the final result of a game or competition.
Example: Win a grand final or beat a rival team.

Tips for Setting Effective Goals

Use Short-Term and Long-Term Goals

Big goals can feel overwhelming, so break them down into smaller steps. Short-term goals help you track your progress, while long-term goals give you something bigger to work towards. For example:

- Long-term goal: Make a representative team like the Netball NT 17U Team.
- Short-term goal: Attend every training session this month and improve my passing accuracy.

Seeing regular progress, achieved through short-term goals, can help keep you motivated throughout the season and continue working towards your long-term goal.



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GOAL SETTING FOR NETBALL SUCCESS

Use the SMART Goal Method

A great way to create effective goals is by making them SMART.

Specific - What exactly do you want to achieve?

Measurable - How will you track your progress?

Achievable - Is this goal possible with effort and commitment?

Realistic - Does it match your current situation and skill level?

Time-bound - When do you want to achieve it by?

Example SMART Goal:

"I will improve my shooting accuracy from 70% to 80% by the end of the season by practising shooting for 20 minutes after each training session."

Keep Your Goals Positive

Focus on what you want to achieve rather than what you want to avoid.

Instead of saying: *"I won't make mistakes during games."*

Try: *"I will stay calm and make confident decisions during games."*

Positive goals help build confidence and encourage a growth mindset.



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GOAL SETTING FOR NETBALL SUCCESS

Write Your Goals Down

Writing your goals makes them more real and helps you stay accountable.

You could:

- Write them in a diary or journal.
- Save them in your phone.
- Put them on a calendar.
- Stick them on your bedroom wall or fridge.

The more often you see your goals, the more likely you are to stay focused on them.

Turning Goals into Results

Setting goals is only the first step; to achieve them, you need to review them regularly and take action.

Remember to:

- Check your progress often.
- Adjust goals if needed.
- Break big goals into smaller steps.
- Share your goals with coaches, teammates, friends, or family who can support you.

A supportive environment can make a huge difference when working towards success.



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GOAL SETTING FOR NETBALL SUCCESS

Put Your Goals into Action!

Now that you understand how effective goal setting can improve your netball performance, it's time to create some goals of your own.

Using the [Goal Setting Worksheet](#), take some time to develop 1 to 3 SMART goals for your upcoming games, finals series, or the Train Like Storm Program.

Think about what you would like to improve, achieve, or work towards, and use the worksheet to map out the steps you'll take to get there.

The worksheet helps you clearly identify:

- Your goal.
- How achieving the goal will benefit you.
- The actions and steps needed to succeed.
- Who can support you along the way.
- Start and finish dates to keep you accountable.
- How you'll know when you've achieved your goal.

The worksheet also provides space to break your goal into manageable actions and track your progress over time.

Share and Stay Accountable

At our next session, be prepared to share your SMART goals with a training partner, teammate, or coach.



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GOAL SETTING FOR NETBALL SUCCESS

Talking about your goals with others can help you:

- Stay motivated and committed.
- Receive support and encouragement.
- Get helpful feedback and ideas.
- Celebrate progress and achievements along the way.

Remember, goal setting isn't just about writing down what you want to achieve. It's about creating a plan, following through with action, and regularly checking your progress.

By sharing your goals with someone you trust, you're making yourself more accountable and increasing your chances of success.

HOMework RECAP

Complete the Goal Setting Worksheet by creating 1 to 3 SMART goals that you want to work towards throughout the Train Like Storm program, your upcoming games, or the finals series.

Bring your completed worksheet to the next session, ready to share:

- One short-term goal
- One long-term goal

Be prepared to discuss why you chose these goals and the actions you'll take to achieve them.



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GOAL SETTING FOR NETBALL SUCCESS

Final Thoughts

Goal setting is one of the most powerful tools you can use to improve your netball performance.

By setting clear, realistic goals and working towards them step by step, you'll give yourself the best chance of achieving success.

Stay motivated, stay accountable, and remember to celebrate your progress along the way. Every small step brings you closer to your goals.