



AUSTRALIAN
CRICKET INSTITUTE



HIGH PERFORMANCE GOAL SETTING

HAND BOOK

"Your step-by-step guide to mapping out exactly what you want and the steps required to achieving it."

GOAL SETTING INTRODUCTION

The key to successful goal setting is to not just set long term goals that seem a long, long way off and therefore creating a big gap from where you are right now, to where you want to be.

This can cause a feeling of overwhelm, especially during setbacks, and cause you to give up on your long term goals far too easily.

Instead, it's important to spend time mapping out the exact steps you need to take along the way to achieving your long term goal (3-5 years), by creating mid-term (6-12 months) and short-term goals (weekly).

It's also important not to set your long term goals too high to begin with. For example, your long term goal might be to play for Australia, but it's advisable to first set a long term goal of playing for Victoria, QLD or NSW etc. You can always reset your goals once you tick them off. It'll create a lot more momentum and feeling of success by setting more achievable goals. This is not to say you shouldn't dream big!

This hand book will guide you through the process of creating your own long term, mid-term and short term goals and help you create a clear path towards achieving your dreams.



STEP 1. YOUR LONG TERM GOAL

I want you to take a moment to stop. Close your eyes and just picture exactly where you would like to be in 3 years' time.

Who you're playing for.

Where you are.

What you're doing.

How it feels.

Take a moment to put yourself in the situation and feel what it's like to be there. Great!

Now I want you to write that down as a goal and then you're going to write down some of the steps that are required to achieve that goal.

***Important Note*:** When writing down your long and mid-term goals, make sure you write them in present tense as if they have already happened. This is a mindset technique that conditions your mind to open up to the reality of this happening. The more you read or say your goals in the present tense, the more they will become part of your minds reality. Also, be as specific as you can.

Here's an example of a well written long term goal.

My long term goal: It's (insert year 3 years from now) and I have just lead the team off the field at Junction Oval after taking 5 wickets for Victoria U/19's in the National Carnival against Queensland.

Steps Required to Achieve My Long Term Goal

- Play 1st or 2nd grade in Melbourne Premier Cricket.
- Be in the top 10 wicket takers of the grade competition consistently.
- Play U/17s for Victoria.
- Make my junior regional team.
- Take wickets at the state carnival.



You can write as many steps as you feel necessary here. Ok, now it's your turn! Fill out the sheet below and print it out.

My Long Term Goal:

Steps Required To Achieve My Goal:



STEP 2: YOUR MID TERM GOALS

Ok, now you're going to turn those steps required to achieving your long term goal into smaller mid-term goals (6-12 months).

Remember to be specific and write them in present tense – meaning as if they have already happened.

Here's an example of 3 mid-term goals.

My 3 Most Important Mid-Term Goals

1. It's (date) and I have just taken 5 wickets for (club) in the district 2nd grade competition, putting me at the top of the 2nd grade wicket takers list for the season with only 2 games to go.
2. It's (date) and I've just finished U/16 state titles as the second leading wicket taker for the tournament with 13 wickets.
3. It's (date) and I have just received a letter in the mail informing me of my selection in the VIC U/17's training squad for the (year) season.

Steps Required To Achieve My 3 Most Important Mid-Term Goals

- Become fitter than opposition and team mates by doing extra outside of training – be able to run 2k in (x minutes)
- Improve my batting to put myself in front for any line ball selection calls.
- Make sure my training is purpose driven and not just going through the motions.
- Improve my consistency as a bowler.

Get the point?

Now it's your turn again.

List out your top 3 short term goals on the sheet below and print it out.



My 3 Most Important Mid Term Goals

1. _____

2. _____

3. _____

Steps Required To Achieve My Goal:

- _____

- _____

- _____

- _____

- _____



STEP 3: YOUR 3 MOST IMPORTANT SHORT TERM GOALS.

Now you're going to break the steps required to achieve your mid-term goals into smaller, immediate goals. Meaning specific goals you want to achieve this week that are going to contribute to achieve the steps required to reach your mid-term goals.

Here's an example of 3 short term goals.

***Note*:** You can write these goals more as a to do list. It's not necessary to write them in present tense as they are immediate goals.

My 3 Most Important Short Term Goals For This Week Are

1. Go on an extra 2km run outside of training.
2. Get to training early and have a 30min extra throw down to work on my cut shot.
3. Pull our best batsman aside during training and have a 6 over match like competitive scenario with them.

Notice how they are specific tasks, more like a to do list, that are going to contribute to achieving my mid-term goals.

Use the print out form below. Print out as many copies as you need and use one for each week.

Fill in your short term goals for each week.

You're also going to be asked to fill in a couple more sections to review your week and make sure you're accountable.



Week _____ Date _____

My 3 Most Important Short Term Goals For This Week Are:

1. _____

2. _____

3. _____

Did I Achieve My Goals?

1. Y / N 2. Y / N 3. Y / N

What Did I Do Well This Week That Helped Me Achieve My Goal/s?

What Did I not Do Well This Week That Contributed To Not Achieving My Goal/s?

Print Out As Many Copies Of This Sheet As You Need. One For Each Week

