

Competition And Performance Goals

Let's kick start this article with a phrase: no goals no direction. Without the goal it does not matter where we head as we are aimless. Coach this is where you are the leader, the stimulus for the troops.

National championships or state / regional event level

Let's say we are a team, a squad, then the following is a team oriented exercise for the players in the squad who may be under consideration for selection:

- Who are the top three medal contenders pre-event?
- Where are you rated in the event format?
- Where is your team rated in the team event format?
- What are 'contenders' doing as their preparation for the event?
- If you are not doing as much, explain why.
- What targets have you set for your event?
- What targets has the team set for the team events?
- What can you do to better prepare?
- How will you go about that extra effort?

Planning for the competition

Okay, we went through the above exercise, now down to tin tacks and lead into a group discussion on these topics:

- Objectives of the team - state, discuss, endorse, refute.
- Objectives of any one player in their position - explanations sought.
- Debrief - purpose, format, process, outcome.
- Training the next round / event.
- The game plan - is it an agreed plan if a team; does the singles player have one.

There may not be many out there reading this column but for the few who relate to the level, consider the content.

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