

Sample GOAL SETTING

GENERIC GOALS IN BOWLS

- Be stronger in mental skills
- Increase training intensity
- Win events
- Game skill development (tactics)
- Elite squads selection
- Teamwork & Leadership Skills

COMPETITION GOALS

Long Term medals	<ul style="list-style-type: none">• Asia-Pacific Games• World Bowls• Commonwealth Games	
Medium Term	<ul style="list-style-type: none">• Australian Squad & Team Selection• BA AO Events – Winner or finalist –Singles, Pairs and Triples	
Short Term	<ul style="list-style-type: none">• Australian Open• Australian Indoors• State events• Premier league pennant	<p>Improve intensity to win against early round players – finalist</p> <p>Play elite standard consistently– to win or be a finalist Handle pressure well</p> <p>Triples – Play at 60% as Lead Pairs – Qualify for Aus Open; finalist in singles event</p> <p>Train with intensity, enjoy, perform consistently at required standard</p>

TRAINING GOALS

Communication	<ul style="list-style-type: none">• Develop a good two way trusting rapport with BA Coaching staff
Technical	<ul style="list-style-type: none">• Complete technical drills twice a week
Team Integration	<ul style="list-style-type: none">• Gain and maintain other team members respect and trust through small dealings, support and direct competition

STRENGTHS AND WEAKNESSES

Skills to Improve

- Be stronger in mind and confident
- Improve focus & concentration
- Thinking under pressure (TCUP)

Strengths

- competitive
- technical proficiency
- Teamwork & Leadership Skills

Lachlan Tighe, 2016