

**SMART** Goal Setting is a great way for young people to create structure in their day-to-day lives, to establish a sense of ownership for their future, and to celebrate strengths and/or identify areas of improvement. Guiding youth through goal setting takes planning and intentionality. Follow the tips below to guide your athletes through the process.

- Allow young people to choose their goal to ensure their buy-in.
- Start with a short-term goal and build complexity over time – try a goal around [Soccer for Success at Home](#).
- Make sure their goal is **SMART** by using the criteria outlined below.

Specific	Measurable	Actionable	Realistic	Time-Based
Clear and well-defined	A set criteria for when you know the goal is achieved	Clear on what needs to be done to make this goal happen	Developmentally appropriate – a balance between challenging and achievable	A set time when the goal will be achieved
<b>ASK:</b> <i>What do you want to do? Who, what, where, when, and why?</i>	<b>ASK:</b> <i>How much? How many? How will you know when it is accomplished?</i>	<b>ASK:</b> <i>What skills/knowledge/actions will you need to achieve this goal?</i>	<b>ASK:</b> <i>Do you have the support and commitment to achieve this goal?</i>	<b>ASK:</b> <i>When will you accomplish this goal?</i>

**#SoccerForSuccessAtHome SMART Goal Examples:**  
**Soccer:** "By next week, I want to be able to complete 5 Figure 8s in less than 60 seconds"  
**Nutrition:** "At least 2 days this week, I will eat a food from all 5 food groups"

- Check in on their progress consistently to help them stick to their plan and/or make adjustments if they are having trouble progressing toward their goal.
- Look for opportunities to celebrate successes!

**Practice Makes Perfect** – By starting small, you build the foundation for long-term goal setting with your young people. From here, you can guide them through using these skills to make long-term impactful goals.

 **Pro Tip** – *If you haven't had the opportunity to build trust with the young person, take time to create a connection before engaging in the goal setting process. This is the difference between another adult telling them what they need to do, and a trusted adult teaching them an invaluable life skill.*