Goal setting worksheet, ages 12-14

BUILD A HABIT

ROOTED ACADEMY

NAME _____ TEAM / CLUB _____ SEASON _____

ATHLETE: MY GOAL

My skill goal this season:

_____

The habit that supports it (sleep, warm-up, extra reps):

_____

How I'll measure it (reps, minutes, percent):

_____

Days I'll work on it:

☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa ☐ Su

What could get in the way, and my plan for it:

_____

How I'm tracking:

☐ Daily ☐ Weekly ☐ Monthly ☐ By season

Season check-ins:

Midseason _____ **End of season** _____

PARENTS: MY ROLE

1. **Ask:** What do you want to improve this season? Let them lead. Don't fill in the blank for them.
2. **Ask** how it fits their week. Rest counts as part of the plan.
3. **Ask:** How will you know it's working? The numbers are theirs.
4. **Ask:** What do you need from me to make that work? Rides, equipment, quiet time.
5. **Ask:** What's the hard part? Listen. Don't solve it.
6. **Offer to check in** when they invite you, not on a schedule you set.
7. **Your role:** ask how they want you to help. Then do that.

Informed by: Locke & Latham (2002), specific goals with feedback on progress. Bandura & Schunk (1981), near-term steps build children's skill and interest more than distant goals. Côté & Hay (2002), the parent role shifts as athletes grow. General guidance for young athletes, not an individual plan.