Goal setting worksheet, ages 9-11

PRACTICE A SKILL

ROOTED ACADEMY

NAME _____ TEAM / CLUB _____ SEASON _____

KIDS: MY GOAL

One skill I want to get better at this season:

_____

Why I want it:

_____

How I'll know it's working. By the end of the season I can do it ____ times:

_____

My goal, as if it's happening:

_____

This week I'll practice by:

_____

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 get better at? Then stop talking. Write it in their words.
2. **Ask:** Why does that matter to you? Listen for fun and effort, not results.
3. **Help make it countable:** How could we tell it's working?
4. **Help them say it** in the present tense, in their own voice.
5. **Your role:** one small way you'll support it. Play catch, drive to extra practice, or stay out of the way.
6. **Pick a rhythm together.** Check in on it: What got better? Not: Did you hit it?
7. **Your own goal to share:** I'm working on _____. Let them see it.

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.