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Goal Setting

Name _____ # _____

Outside of Lacrosse

List three personal qualities or achievements you are most proud of:

As a lacrosse player

What are your strengths on and off the floor?

List three things you need to improve on to be a better player:

Goal Setting

List three personal goals for this season:

What do you think the team's goal should be?

Now that we set personal and team goals; and listed what I need to improve on, we need to take concrete action. We need to identify the steps that will help us achieve our goals.

Explain three actions that you will take to achieve your personal and team goals :

You have lots of support to achieve your goals. You can talk to your coaches, parents and team mates.