



## CHAPTER\_11

# GOAL SETTING AND PLANNING

You must have a target if you want to hit it.

Research and practice has time and again shown that a systematic approach to goal setting and planning assists both the athlete and the coach in performance enhancement and growth. Too often, goals are set ineffectively or are too vague to be challenging.

This chapter will explore the benefits of goal setting and planning and, in addition, it will make available the tools to systematically and effectively set and plan your goals.



# Goal Setting and Planning

## 1\_Why set goals?

*He who aims at nothing usually hits it. (Confucius)*

### Goals provide for -

- **Direction** – Without goals one wanders at random, feeling confused and without direction, like a ship without a rudder.
- **Motivation** - Many goals, large and small, are set on the way to the ultimate objective. When on the way each one of these goals is achieved, it will provide increased motivation to continue on the journey.
- **Self Confidence\*** – Obtaining the first goal satisfies and strengthens the desire to achieve other goals and, as a result, momentum is gained to move on with an increased feeling of confidence. No matter how small the achievement, it gives a sense of fulfillment, healthy pride and increased self-esteem.  
\*True self confidence is the archer's realistic expectation about achieving success, and is not just what the archer hopes to do.
- **Improved Practice/Performance** - Improvement is not necessarily getting rid of faults. Rather than thinking “What is wrong?” or “What are my faults





and how can they be eliminated?”, focus instead on “How can the things I am presently doing be done better?”.

- **Improved Persistence** – Even when progress is painfully slow, search for the most appropriate strategies to achieve the objective.

How many people set goals? You will find that most people do not set goals; they plan their annual holiday in more detail than their lives. Setting goals will put you in the top 3 - 5% of the population who will actual set goals and plan.

Goals are very personal. Dare to let yourself dream, and only share your dreams with people who will support you.

The most important thing about goal setting is to ask yourself, “**What is my dream; what is it that I really want?**”. What would you really like to do, that you would almost pay someone else, just so you could do it.

The more clearly a goal is defined, the greater the chance of successfully achieving it.

You have to establish what it is that you really aspire to. Whether it is to become the Club, State, National or Olympic Champion or simply to be able to consistently shoot 1000, 1100 , 1200 or the ever elusive 1300 FITA or may be just the knowledge of knowing how to shoot correctly and so get more fun out of your chosen sport. Whatever it is, to be effective,

**GOALS MUST BE WRITTEN DOWN AND DATED.**

Putting a time limit on goals is important, as it will assist in putting together the plan and strategies to achieve them. In addition, it is important to actually sit down and be absolutely earnest and truthful in rationalizing the reasons why you want to achieve your specific goals. They must be YOUR goals, not your father's, your mother's, your coach's or whoever else it may please. If they are not your own goals, they will fail to motivate you in the end and "the fire in the belly" and the determination for success will not be there. Therefore, before you set out on your course, be very sure it is what YOU want and WHY you want it. Consider very carefully the price you will have to pay. It may be very costly, not just financially, but also in your personal life with loved ones and friends.

To be able to achieve your long term objective, you will need to achieve many smaller goals on your journey. It is therefore important to set performance goals, rather than outcome goals, as there are many things you cannot control, e.g. weather, performance of other competitors and officials, and spectators' behavior. Analyze what you can control and set your goals in those areas only, otherwise you set yourself up for unnecessary frustration and anxiety.

As a final point, two of the major limitations to goal setting are the fear of failure and the lack of commitment." What if I don't reach my goal?" "What if I have set my goals too high?" and so on.

The quality of your goal setting and planning coupled with courage, mental toughness and persistence, will help you to overcome these limitations and accept all the temporary setbacks that may arise, without ever giving up the vision of ultimate success.



Archery is a very individual sport and as with anything else in life, to succeed we need a support team of family, friends, club members, teammates, officials, media etc.etc. However, any sportsperson who wants to achieve a pinnacle in their chosen sport will need, more than anything else, a coach. All top athletes in the world have a coach. The athlete has the ability, while the coach provides the knowledge and skills to develop this ability.

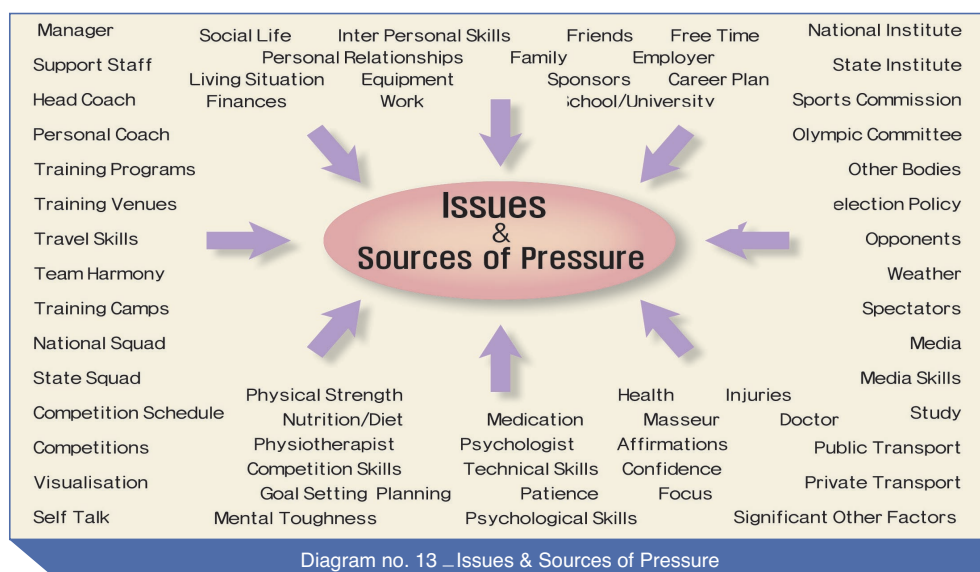
It is important to realize that it is **YOUR** responsibility to set **YOUR** own goals, based on **YOUR** estimate of your abilities. Your coach, with his knowledge and consideration of your current development and skills, should be able to assist you in determining the skills, daily practice plans and competitive programs necessary to translate your overall ambitions into realistic and challenging short term goals, moving towards your ultimate objective. The responsibility to achieve **YOUR** goals and objectives are **YOURS** and **YOURS** alone. When **YOU** accept total responsibility for where the arrow finishes up on the target, rather than laying blame elsewhere, you are on your way to success. It will then motivate you to try just that little bit harder to overcome any of the stumbling blocks.

In the process of identifying, “Where am I now”, “What do I have to do to get there?” and “How much time is it going to take?”, many issues will need to be addressed.

## 2 – Issue Management

An excellent tool, and a skillful way to identify and deal with the various issues and obstacles which you may meet on your chosen journey, is Issue Management. Issue management is a structured way of identifying and prioritizing those issues that currently and in the future will or may influence your success in achieving your ultimate objective.

There are many areas, which may have a bearing and impact on your progress. Diagram No.13, has tried to recognize as many issues as possible to assist you in identifying those areas. Add any other issue which you feel may be applicable in your personal situation. Consider each issue carefully and circle those that may present some obstacles in your way of achieving your daily, weekly, monthly, yearly or longer term goals.





When the various issues, which at present are affecting and preventing you from reaching your objective, have been identified, there will be an obvious need to systematically rank and address each issue in order of priority and point in time. Trying to address too many issues at any one time will become overwhelming and would be counter productive.

Remember, “A journey of a thousand miles begins with a single step”.

Try to identify any issues that can or will be obstacles for you, either now or in the future, preventing you from achieving your objective. Do this for -

**TODAY - THIS WEEK – THIS MONTH – THIS QUARTER – THIS YEAR  
– NEXT 3 YEARS**

Just jot them down randomly and assign each with a number. Utilizing the priority Matrix, Diagram No.14, at the end of this chapter, plot the number of each issue on the matrix by asking the question, “How critical/urgent is this issue within the time frame being considered?”, and “What will the effect/impact be on the total objective?” This method will provide for a systematic prioritization of all the issues and put them into a more manageable format.

Once the issues to be addressed are selected, a clear objective must be set for each issue. Address the Priority1 and 2 issues first and monitor the others on a regular basis, as changing circumstances could move them up in the priority order. Remember, the more clearly an objective is defined, the greater the chance is to successfully achieve it.



As an example, one priority issue may be,

### **ISSUE**

*“To be able to improve my technical shooting skills for the State Championships in 4 months time, I will have to increase my workload from 400 arrows per week to 700 arrows per week to be able to practice and carry out all the various skills and drills given to me by my coach.”*

### **OBJECTIVE**

*“I want to shoot a minimum of 700 arrows per week for the next 13 weeks, starting next Monday, to work on my technical shooting skills and drills.”*

This is a clear and definitive goal with a time frame. Having set this objective, various strategies will need to be developed and tailored within the time constraints for this specific individual, which could look like this -

**Strategy 1** – I will get up at 6am on Monday, Wednesday and Friday of each week and shoot 72 arrows in the garden/garage, at short range, before I have to leave for work at 8am.

**Strategy 2** – On Tuesday and Thursday nights I will go to the indoor range and shoot 130 arrows between 7pm – 9pm.

**Strategy 3** – On Saturdays I will shoot 2 Olympic rounds, including some warm-up arrows, for a total of 160 arrows.

**Strategy 4** – Sundays will be an archery free day. I will spend this time with my



friends and family.

You have now identified four strategies within your present circumstances that will enable you to achieve your goal to shoot about 700 arrows every week.

Now you must ask yourself “Will I be able to stick to these strategies considering the impact on my overall life?” If the answer is yes, you are on course towards your goal. If not, you will need to re-evaluate your objective.

You must make this important step. Many of us would think it exciting to be an Olympic champion, but would we be willing to pay the price? Only by systematically scrutinizing and analyzing your dreams will you be able to determine that your goals and objectives are worth the essential sacrifices required.

Finally, great benefit can be obtained by the effective use of visualization Refer also to chapter 8, “Mental Training”

In business, there is a saying, “profit is a by-product of good service” Likewise in sport we can say, “Exceptional results are a by-product of a well planned and executed goal setting program.”

## PRIORITY MATRIX

		IMPACT			
		MINIMAL	SIGNIFICANT	MAJOR	
URGENCY		0	3	6	9
	MINIMAL	DROP FROM LIST	REVIEW REGULARLY	REVIEW CONTINUOUSLY	
	SIGNIFICANT	REVIEW PERIODICALLY	PRIORITY 4	PRIORITY2	
	MAJOR	MONITOR	PRIORITY 3	PRIORITY 1	

Diagram No. 14 – Priority Matrix

# MOMENTS TO REMEMBER



I2000 Sydney Olympics



I'98 World Indoor Championships



I'04 European GP won twice Team Gold!!



IThe best in the world! / The AIS Archery Training Center





I Beiter Camp in Germany



I 3 European Countries + JPN Training at AIS



I '04 World Junior Championships



I '03 World Championships / Bronze Final



I PARK SEUNG - HYUN  
'04 Athens Olympics  
Double Gold  
1405 FITA World  
Record Holder

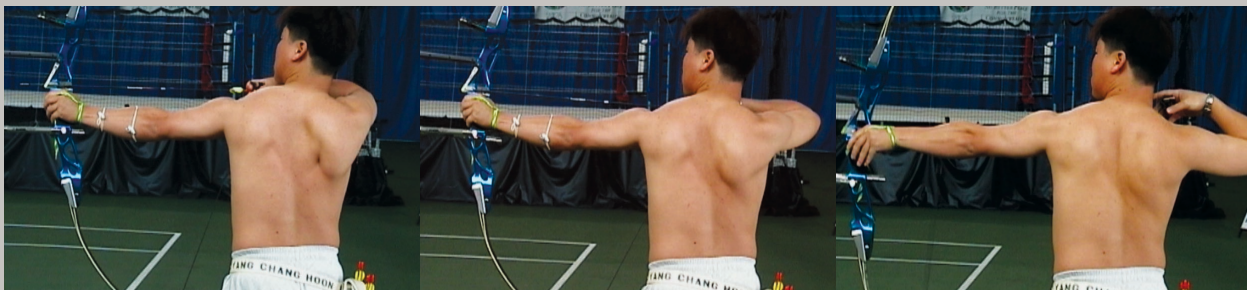


# MOMENTS TO REMEMBER

TOTAL ARCHERY



OH KYOO-MOON | The Greatest Archer



YANG CHANG-HOON | One of the best Archers for Back-Tension

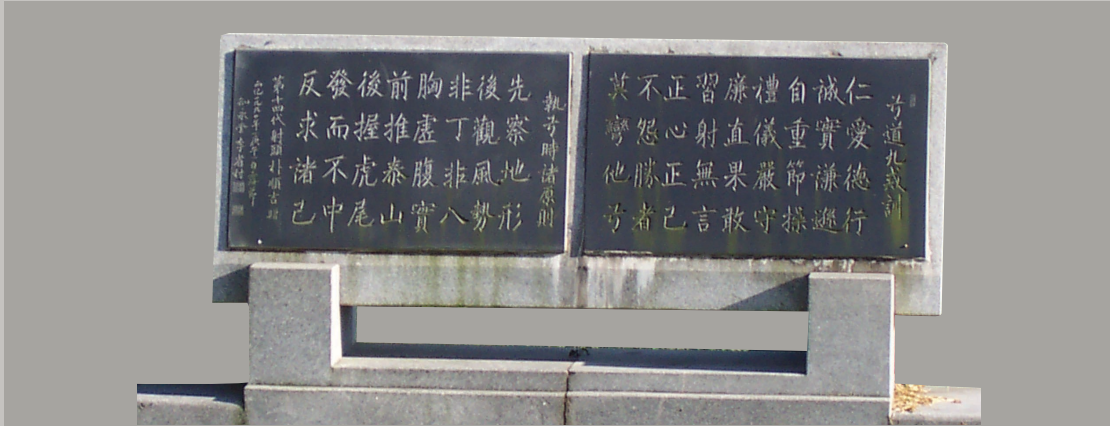


JANG YONG-HO | 1379 FITA World Record Holder



JUNG JAE-HUN | One of the best Natural Talented Archers





| Korean Traditional Archery



| '04 Athens ¼ Final



| The First FITA Coaching Seminar | '03 Feb. Madrid