

PLAYER GOAL-SETTING SHEET

HOW TO USE: Set goals that are specific, measurable, and connected to the player you want to become. Focus on actions you can control, then review your progress regularly.

Name:		Grade:	
Team:		Position(s):	

1. START WITH THE BIG PICTURE

My biggest basketball goal this season is:

The role I want to earn or grow into is:

One way I want to help my TEAM win is:

One habit or mindset I want to strengthen is:

2. MY TOP 3 GOALS

#	Goal	Why It Matters	How I Will Measure It
1			
2			
3			

3. ACTION PLAN — WHAT WILL I DO?

#	Goal Focus	Actions / Habits	Frequency	Target Date
1				
2				
3				

4. OBSTACLES & SOLUTIONS

What Might Get In My Way?	What I Can Control	My Plan When It Happens

5. ACCOUNTABILITY & CHECK-INS

Check-In	Progress / Evidence	What Needs Adjusting?	Next Step
2 Weeks			
30 Days			
60 Days			

6. MY COMMITMENT

The one thing I will do consistently, even when motivation is low:

Player Signature		Date	
Coach / Mentor		Date	