

*Theme:*

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## Working in teams

*Topic 2:*

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# Developing and achieving goals

*Goal:*

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To understand the importance of setting realistic targets and goals. It is good to set your sights high, but not good to set your sights so high that you have no chance of achieving your target.

*Scoring:*

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*Score by...*

- a) Understanding what goal setting means for an individual.
- b) Understanding what goal setting means for a team.
- c) Having an idea of how to monitor progress on the way to achieving your goal.

# Developing and achieving goals

## Lesson plan

### Warm-up:

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#### Either:

##### a) With video

Watch the video clip 'Setting Targets' [positive images of players achieving their objectives, for example coming on in an international, scoring a goal, saving the vital penalty in a shoot-out etc.] It is important for us to set ourselves targets, to have ambitions, but how should we set them? How should we go about achieving them? How will we know that we are on our way?

##### b) Without video

Talk about ambition, how it is important to be ambitious and to set ourselves targets, but also to be realistic in what we think we can achieve. In order to achieve our ambitions and targets we need to set ourselves goals along the way and to measure how we are doing against those goals.

### 1st Half:

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Ask the class to consider their own footballing targets. These might simply be to enjoy the game, to make friends and to get some exercise, but they might be more serious than that, to achieve a certain level of performance. Explain that only a tiny minority of players make it as pros and that, if that is their aim, they should set themselves definable targets along the way, such as making the District team or similar.

a) Everyone should complete the first part of the Activity Sheet: why do they play football, what they want to achieve and how do they think they might achieve it.

b) In groups discuss each other's aims. Do you think that the steps that people have chosen are sensible?

c) Everyone should now complete the second part of the Activity about how they might measure their progress.

d) In the same groups discuss how you might measure how well you are achieving. This might be tangible, like playing for a certain team or it might be more nebulous, such as enjoying playing every game.

e) Bring the class back together to discuss their responses.

# Developing and achieving goals

## Lesson plan

The aim here is to try to understand why it is that we play football, what we are trying to achieve and how we might go about achieving it.

### **Half-Time**

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Discuss with the children the results of the first half. Cover:

- Why goal setting is important.
- Why it is important to set our sights high but achievable.
- Why we all play football.

### **2nd Half**

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- Print out the 'Setting your team a goal' resource sheet.
- Split the class into groups of around four children.

Each group is a team. Between them they have to decide what their aims are for their team, not just for themselves. They then have to work out for themselves how they want to achieve their aims. For example, if their aim is to win the league then they may need to train more often, to ask for more commitment from the players in terms of being available for games and training etc. If their aim is to enjoy themselves and make friends then they may want to organise more social events and arrange to get together after the match and after training.

Finally, each group should present their aims and their ideas back to the class.

### **Full Time:**

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Go over what has been learned about goal setting. Has anyone changed their minds about what they want to achieve or how they might achieve it? Do you have a clear idea of why you are playing the game? Are you achieving your goals at the moment? If so, how can you continue to do so? If not, do you want to change your goals or your approach?

### **Extra Time:**

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Keep a diary of what you want to achieve and what steps you are taking to try to achieve it. Set yourself realistic targets and try to meet them. If you don't manage it, don't get downhearted - take positive steps either by re-evaluating your goals or by re-evaluating the steps that you need to take.

