



Goal Setting for Practice

ASPIRE TO ACCOMPLISH NEW GOALS.

Practicing and working toward your goals go hand-in-hand. Setting short-term goals for each practice and long-term goals that you can work toward every day helps you effectively plan your time on the ice.

GOALS

HERE'S HOW
**A YEARLY GOAL
CAN PROGRESS
THROUGH THE
SEASON** THROUGH
A SERIES OF
SMALLER GOALS:

YEARLY

Become a competitive pre-preliminary skater

WEEKLY

Proper air position on single loop

ONE MONTH

Proper quality of single loop in compulsory program at first competition

TWO MONTHS

Applying proper air position to all single jumps with 70 percent or greater consistency

FOUR MONTHS

Proper quality of all single jumps - including single Axel - at next competition

A FEW **ADDITIONAL
GOALS WILL HELP
THIS SKATER REACH
THE NEXT LEVEL IN
THE FOLLOWING
SEASON:**

EIGHT MONTHS

Take and pass the preliminary free skating test after regional championship

NINE MONTHS

Perform clean double loop during lesson

NEXT YEAR

Perform clean double loop during first preliminary free skating competition

YEARLY GOAL

My number one goal for the year:

In the example above, the skater's monthly goals were tailored to help her reach her yearly goal. When writing your daily goals for practices, keep your yearly goal in mind. Each daily practice should help you reach your yearly goal.

MONTHLY GOAL

Write down some goals for the next few months. Think about tests you need to pass, skills you need to learn to move up to the next level and any competitions you plan on competing in.

MONTH:	
Week	Goal
1	
2	
3	
4	

MONTH:	
Week	Goal
1	
2	
3	
4	

DAILY GOAL

Using your monthly goals as a guideline, create daily goals to help you plan your practice in a way that helps you achieve your monthly goals. Ask your coach or parent for help if you need.

Daily goals examples:

1. I will work on my Axel and try it 10 times, thinking about snapping to a tight rotating position.
2. I will do my program and try to complete each element in it with a positive grade of execution.
3. I will practice my moves in the field exercises every session for 10 minutes.
4. I will work on my back spin exercise.

Use the table below to set your goal for each practice session. **Remember:** always set your session goals before you get on the ice!

Day	Daily Plan
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	