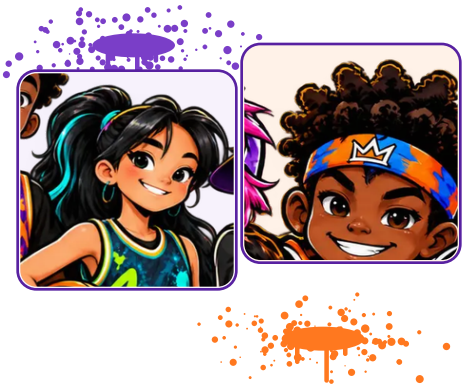
Goal Setting



2-5 minutes | Grades K-8

Coach cue	A helpful goal tells you what to work on and how you'll know you practiced it.
Game scenario	You want to become a better passer by next game.
Try it	Turn "get better" into "make five passes to a moving partner with my eyes up." Practice once and check what you noticed.
Huddle question	What can you count or see that tells you you worked on your goal?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. Which goal gives you something specific to practice?

- **A.** Make five passes to a moving partner with my eyes up
- **B.** Be the best passer someday
- **C.** Hope I play well next time

2. If your goal is too big for one practice, what helps?

- **A.** Stop setting goals
- **B.** Pick a goal that depends on the score
- **C.** Pick a smaller step you can work on today

3. Which goal can you check at the end of practice?

- **A.** Be the best player
- **B.** Make five left-hand layups
- **C.** Never miss another shot

4. You reach your goal early. What could you do next?

- **A.** Choose one small step to build on it
- **B.** Skip the rest of practice
- **C.** Change the goal so it has no finish

Ask the team	Write a small practice goal and how you'll check your progress.
At home	Set a small goal for a task at home. Decide how you'll check it.

Coach answer key **1. A** **2. C** **3. B** **4. A**

One takeaway for our next practice _____