

SKILLED GOALS

Set your goals depending on your skill level



Original Research
O'Brien, M., et al. Goal-setting effects in elite and nonelite boxers. *Journal of Applied Sport Psychology* 21:293-306, 2009.

PROPER GOAL-SETTING TECHNIQUES CAN HAVE AN IMMEDIATE, POSITIVE IMPACT ON YOUR PERFORMANCE—UP TO 15%, TO BE EXACT.

If you think about it, sport is about setting goals and training to attain them. Seems pretty straightforward. But it is not quite that simple. On one hand, you need to address the physical part of training. How should you train? This question, as any *JOPP* reader knows all too well, is far more complex than just banging out the reps with a barbell to get stronger, bigger, and more powerful. Your success depends on how enlightened an athlete you are—how intelligent and science-based your approach is. Then there is the psychological side. How do you determine your goals? Perhaps *that* is the easy part. It takes just as much science, intelligence, and forethought as training your muscles to understand what might prevent you from attaining the goals that you set—from a psychological perspective. And whether you are an elite or nonelite competitor can impact your goals, too. Enlighten yourself...

Power Key: goal-setting, elite, nonelite, anxiety, confidence