

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

Prof. Abhijit Thander

Sports (Cricket Specialization)

IIT Kharagpur

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Lecture 29: Goal Setting English

Hello everyone, let's talk about goal-setting. Goal-setting means that a team will set a goal, or an individual can set a goal to achieve success for better performance. Before proceeding towards goal-setting, I want to give an example of goal-setting that we have seen. Different types of matches are going on in a particular field. If we give the example from the field of football, or soccer. So, both teams are playing against each other with a soccer ball. But there is no goal post. What will happen, the game will be hampered or disturbed. Why, because there is no target. Players will kick the ball anywhere, in any place. The players, you know, are running around the ground, everywhere, every corner of the ground, but then unable to find any target. Why, because there is no goal post. So, in our life, or in a particular sport, if there is no goal, then the team will not perform well. Goal-setting is very important. So, if we want to define a goal, goal setting is the process of setting targets and laying down a plan to achieve them. Next, if we talk about the types of goals, they can be long-term goals, intermediate goals, short-term goals, and the goal of the day. So, let's discuss these four types of goals one by one. Next. Long-term goal. What is a long-term goal. A long-term goal is: I want to play in the open district team. And I want to be a member of that particular team as a player. So, one year ago, I was planning. This is my long-term goal. And to achieve that long-term goal, I have to set different types of objectives. I have to set short-term goals also. After six months, what should I do. A midterm goal, what to do, and the goal of the day. In particular, whenever I am going to play in the cricket academy, every day, on that particular day, what things should I focus on. What are the objectives I have to achieve to reach my goal of the day. So, if we talk about the benefits of goal-setting. So, the benefits of goal-setting are, you know, it leads to better performance. What are the things that lead to better performance: strong motivation, clear planning, ensured discipline, and better focus. So, if an athlete or a cricketer has strong motivation, he is motivated internally, externally, by external forces, internal forces. This will lead him to a better performance. As well as clear planning. If a cricketer has a clear plan of what he wants to do in the coming days or today, this will help him perform better. If a player has a very good goal-setting, it will ensure discipline. It makes a pathway. And onto that particular pathway, the athlete will walk. Why Because, for better performance. And also, if a clear goal-setting is there, the athlete will be better focused. He can focus on that particular area, what to do next. Now sometimes we talk about the classification of goals. If we talk about the classification of goals, we can talk about process goals and outcome goals. So, from these two words, we can understand what the process is and what the outcome is. Always. Which

one is good, Let's talk about the process goal. And outcome goals. Goals about the ultimate outcome or result must be backed with goals about the process, how we play and prepare. It means if we prepare ourselves for the result, if we plan properly, we have a clear plan, roadmap, pathway. You have a clear idea of what to do in the coming days. It will help him to achieve his goal successfully. This means this is the process goal. And, on the other hand, if an athlete asks, how the outcome go. What the outcome goes is, it could put undue pressure on the player's performance and upset his focus on the task at hand. What does it mean. That I am only focusing on the result. Today I will go and make a century. It will create a burden for the batter to make runs. Because he didn't process anything. So, the only outcome goals he has set up. But how to achieve that milestone. How to achieve that 100th run. That he has not processed in his innings. He may be out, throw his wicket, within some overs or get some runs. But if he sets the goal of 100 runs today, he wants to make it, and he will concentrate on the first few overs, he will play on the Bs. And he will target it with singles, doubles, singles, doubles, and triples. And he will make from singles to the big scoring run rates. He can score from singles to 4s and 6s. Convert the runs into 4s and 6s. In this way, he can develop his innings. He can. He can make... His own stance, once again he can take guard after 25 runs, after 30 runs, after 40 runs. Each and every time, he is ready to go for the task. That is processing himself for the result. Next. Team versus personal goals. What is the team goal. And what is a personal goal. Should we set team goals or encourage personal goals in a game like cricket. What would be the answer. Personal goals are also important as long as they match the team goals. Setting both team and personal goals is vital. Mind it. Setting both team and personal goals is vital It means. The team has its own goal. And whenever I see a particular goal, it should match the team goal. So, both are important. The team goal is to make today's match above 300 runs. So, the first two batters have their personal goals. They can play up to 10 overs. Develop the innings. They will convert the small runs into big runs. These are their personal goals. So, whenever they achieve their personal goals, automatically the team goals will be achieved. So, setting both team and personal goals is vital. There are some areas of goal-setting. Some areas are technical, tactical, physical, mental, personal, personal lifestyle. Set multiple goals but define your priorities. So, areas should be different. Athletes can set technical goals, tactical goals, physical, mental, personal. It depends on your lifestyle. He can set, but he has to focus on the priority of which area he wants to prioritize. The area he wants to prioritize to achieve success. This is very important. So, the areas are technical, tactical, physical, mental, and personal. On the other hand, if we talk about goal setting in a smarter case, S-M-A-R-T-E-R, smarter guess. So, goal-setting should be specific. That means the goal should be specific. Specific goal. What I want should be specific. The goal should be measurable. M for measurable. The goal should be measurable. Whatever goal I have set should be measurable by anybody. A form agreed. Agreed. Whatever goals I have set, they should be agreed upon by all. What does it mean. Agreed. It means whatever capacity I have. I have the capacity to take wickets in a particular match. So, I can set my goal that today I will go for 3–4 Yorkers or 2 Yorkers per over. This is my goal. As a bowler. The coach knows my ability. So, if he agrees with my ability, he believes in my ability, then he can agree that yes, he can bowl two Yorkers in a young over. So, it should be agreed upon by all. Depending on the capacity and ability of the player. Realistic. The goal should be realistic. Realistic means realistic. There should be a relationship between the real world and the imagination. Players set a goal that is not realistic.

This cannot be Timed. The goal should be timed. The goal should be exciting. E for excitement. The goal should be recorded. Whatever goals you have set, they can be recorded. But challenging. So, we talk about positive goals. Goals should always be positively worded. What does it mean. I will not hit the ball in the air. It can be worded as; I will play ground shots or ground strokes. These are positive goals. Positive words. Do not use negative words in a cricket coaching session or anywhere. Make those negative sentences into positive ones. So, if we want to set guidelines for goal-setting, what are the things we have to do. We have to maintain a diary for making your notes. So, maintain a diary for making your notes. What does it mean. Every player should keep a diary. Whatever goals he has set, whatever things he has done in the coaching session, whatever the coaches have said, everything should be noted in that particular diary. Maintain records of your players. As a coach, you should maintain the records of your players. Today I am working with the first bowlers. So, whatever the first bowlers have done in the coaching session should be mentioned in my personal diary. That should be recorded. How many wide's have been made by some players. How many no-balls have they created. How many good bounces they have given. How many Yorkers they have given. Write down team goals in the dressing room. You know that in the dressing room, every day players go to change their goals, which should be written over there. What is our goal. Give sheets of individual goals to the players. So, I have 11 players in my team. Every player has their own role. The coach has to give sheets to each and every player. Why because to make them remember their goals. And also keep discussing with your senior coaches and experienced colleagues for knowledge. You don't know anything regarding coaching. Maybe you are a very good coach. But you have to gather knowledge from senior coaches and experienced colleagues. Those who are working hard, those who have been working for a longer period in the field of cricket, can take help from them. Give and take policy. You give knowledge, they will provide you with knowledge, and new knowledge will come. Next one. So, in this way, if we go for the particular goal-setting area, if we work with goal setting, positive order goal setting, smarter goal setting, then the performance of the players will be higher. Team performance will be higher. So, goal-setting is very important. Don't miss it. Always set goals for your individual players and your team. So, thank you, everyone. That's all.