

# SKATE MANITOBA

## VIDEO 2 - INTRODUCTION & FUNDAMENTALS



### GOAL SETTING

**Outcome Goals:** are focused on the end result. Achieving this goal not only depends on your effort and ability, but also those of your opponents.

Ex. Winning a competition or achieving a certain score

**Performance Goals:** Similarly to outcome goals, performance goals focus on an end product. Where performance goals differ is they are focused on your own ability or talent and the comparison is with yourself rather than with other competitors. These goals are often more flexible and in your control.

Ex. Attaining a certain personal record or making a team.

**Process Goals:** encompass the daily tasks that connect the performance goals to the outcome goals. These specify the process that will affect your performance. These goals focus more on routine, strategy, technique, skill, and all other areas that are needed to perform.

Ex. If my performance goal is to complete a marathon, my process goals might include running x miles a week, drinking 1 gallon of water a day, and foam rolling for 5 minutes after each run

### PRACTICING GOAL SETTING WITH YOUR ATHLETES

After reading about outcome, performance, and process goals; take a moment to reflect on when you have used these in the past.

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Looking towards the next 12 months, write down 1 outcome goal, 2 performance goals, and 3-5 process goals that you will need along the way.

**Outcome Goal:** \_\_\_\_\_

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**Performance Goals:** \_\_\_\_\_

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**Process Goals:**

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## **PROMOTING HELPFUL SELF-TALK**

**“It’s not about what happens. It’s about what you tell yourself”**

We can’t change what happens to us but we can change our reaction and our mindset. What we tell ourselves impacts how we feel. If we want to feel a certain way, we need to tell ourselves things to promote that state. If a thought is unhelpful, we can reframe it.

Example

**Situation:** Having difficulty landing a jump during practice.

**Unhelpful Self-talk:** “I can’t do this. I’m not good enough”

\*If you tell yourself these things, you are likely to trigger some negative feelings such as self doubt, self-criticism, lowered confidence, anxiety, frustration, stress, worry, etc.

**Helpful Self-talk:** “Keep going. Everybody falls before they land it. Focus on the process. I’ve got this.”

\*When you tell yourself these things, you are promoting a mindset that will lead to resilience, motivation, courage, determination, confidence, etc.

\*The situation hasn’t changed. What you tell yourself about it changes how you feel. How you interpret the situation impacts how you feel. You’re in control of your inner voice! Focus on helpful self-talk that promotes how you want to feel.

## **ENCOURAGE YOUR SKATERS TO TRY THIS**

1. Think of a situation that happened that was upsetting, frustrating, stressful, disappointing. Write it down.

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2. Take a moment to consider what you told yourself when it happened? How did it make you feel?

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3. Now reframe your thoughts to be more helpful. What can you tell yourself to promote how you want to feel in that situation (e.g., motivated, determined, confident, excited).

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