



#1 WAY to get you and your child on the same page when it comes to sports. When you do this, you can then hold them accountable and **PUSH** them towards their goals!

Goal Setting for Parents

List Three or More Individual Goals for my Child

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List Three or More Goals for My Child's Team

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List Three or More Long Term Goals for My Child in Sport

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PLEASE COMPARE YOUR GOALS!

DO THEY AGREE ? IF NOT THEY NEED TO!

ONCE AGREED UPON YOU HAVE COMMON GROUND TO PUSH TOWARDS THEIR GOALS



Goal Setting for Your Athlete

List Three or More Individual Goals for the Season

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List Three or More Team Goals for my Team's Season

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List Three or More Long Term Goals you have in Sports

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