

Setting Goals

By **Carol and Patrick Milkovich**
2x NCAA Champion and
Distinguished Member of the National Wrestling Hall of Fame



All coaches know the importance of setting goals, but many times their wrestlers do not understand that in order to achieve their goals, they must have a plan. Many don't do much more than just talk about how good they want to be. Not only must your

wrestlers have a plan for their goals, but they must also be willing to follow through with the actions to make that plan work. When coaches talk about setting goals with their athletes, the best place to start is with short-term goals. Many young people have big dreams of their long-term goals, but

they really have no idea how to get there from where they are right now.

As coaches, you can help your athletes learn the value of setting short-term goals and understand how to make a plan to achieve those goals. This training will not only help them in sports, but also in all