

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 27 : Goal Setting

Today, we will cover the general topic that is goal setting. What is goal setting?

Think about this example: In a football match, there are 11 players on each side, and there is a football. But there is no goalpost on the ground. What will happen? What will be the result? The goal will not happen. Even if the players are there, they will not be able to understand what to do with the football because there is no goal, no goalpost, no goal at all.

There is no goal. It means there is no goal. goal or aim. That's why in anywhere there should be a goal. So, if we define the goal, if we define the goal setting, so goal setting is the process of setting targets and laying down a plan to achieve them.

So, goal setting is a process in which a target is set and a plan is made to achieve it. For example, if I set a goal, I have to go to the roof. I want to get up on the roof of my house. So, for that, What am I targeting?

My roof or my roof is my target. So, what will I plan? Through which means will I be able to reach my goal? Will I be able to get up straight? Will I be able to reach my goal?

Or I can use a ladder. So, the plan that I have created to achieve that goal, ultimately I will reach it. Why? Because I planned. I have planned a particular thing to achieve the goal.

So, this is the definition. Now, is it a goal? In our field, how many ways can we define the goal? How many ways can we speak? The types of goals.

I have seen that there are many goals in our lives, and there are many goals in our careers. When I play a match, there is a goal in front of me. Or when I am a professional cricketer, there is a goal in front of me. From this goal, we can classify what we can do. One is a long-term goal.

One is an intermediate goal. One is a short-term goal. I tell you the goal of the day. Today is my goal. So these goals should be properly planned.

As I said, long-term goals, intermediate goals, short-term goals, and goals of the day. These goals should be planned in a beautiful way. There are so many types of goals. Each goal has its own purpose. Each goal has its own purpose to be achieved.

So, how do we do it? There is also planning. So, the long-term goal is that I have set a goal for one year. Next year, I want to be In the team of the district.

I am a member of the district team. Or for my player, I have set a goal. I have set a goal for five years. From my coaching center, I will give a chance to two good batsmen in the district team. That's what I will do.

And a player can set a long-term goal that I will be the next player after one year to be in the district. This is a long-term goal. And to achieve this long-term goal, we have to take two by two; in between, we have to take two types of goals, targets, and achieve them. The first one is intermediate goals. So, when I set long-term goals, after setting long-term goals, I have to go to intermediate goals.

So in six months, I will train myself in such a way in performance, so that everyone can see me. For that, I... I am playing different matches in different places. And I am trying to score well. Or if I am the baller, I am trying to win more wickets.

I am trying to be economical. The six months I am eating, playing matches and giving performance, that will affect the long term. In the long term, this game will help me to achieve goals. Whereas in the short term goal, yes, The six-month goal that I set, the intermediate goal that I set, if I achieve that goal, I will be able to reach the seventh goal.

So what are the seventh goals? One month, one month I am setting my goal. I have brought my fitness to a good level. I have done my technical development. Technically I am sound.

In matches, Tensions are there, I am able to recover, I don't have any anxiety in my mind. I am able to connect with myself. If I am able to connect with myself, I need to be able to do it on a short-term basis. Month to month, I need to be able to do it on a short-term basis and I need to be able to do it on an intermediate basis.

And goal of the day, today, when I go to the coaching session, what will I do? Today, what will I do? So today I will go for a fitness, or today I will bat on the net. Then I will play all the browsers with a good power. Or if I am a bowler, so goal of the day, when I go to the next session, so I will bowl a good delivery,

I will do no ball or white ball and I will eat the batsman and I will try to beat the batsman. That is the goal of the day. In this way, by setting the goal, I have to go and finally I can achieve the long term goal. I have done goal setting but I know what is the benefit of goal setting. What is the benefit of growth setting?

To achieve a good performance or leads to a better performance, if we want, if we have an ultimate target, then what is the benefit of growth setting? Strong motivation, clear planning, increased discipline and better focus. Goal setting will create strong motivation for me. It will motivate me. You go to that goal.

I will do this. I will do this. I will follow this training plan very well. Strong motivation will create in me. If we can do goal setting in a beautiful way.

Another thing is clear planning. Benefit. If I have a clear planning, how will I carry myself? I will follow the procedure step by step so that I can achieve the goal. So, goal setting gives me a clear planning that how will I move forward.

If I have discipline, goal setting helps. When I set a goal—yes, I have to do this—then I have to have discipline. It helps me. It makes me disciplined. Discipline.

Discipline is my life, my game. When I go out, I stay focused. Discipline means when I go behind the cricket, for batting, whether I take the right stance or not. The setup of batting the batsman should follow. This is the discipline of the batter.

And we will make the ground shots. We will develop the innings. These are part of the discipline whenever the batter comes to the field to play. He is on the pitch. He is on the pitch.

Even better focused. Even better focused. Even when I can utilize it properly, it leads to better performance. Then I can perform better. These are the whole benefits of goal setting.

Next time when we discuss, What kind of goals do you have? What kind of goals do you have? A process goal and an outcome goal. Basically, we said that the outcome goal should be a little tense because it is result-oriented.

The process goal should be done step by step. So what are they? Any result or any outcome, when we expect it, the ultimate outcome that comes out—if I process the goal beautifully, then only I will get it. So if I process the goal beautifully, if I can make it beautiful, step by step, follow it, automatically I will get results. Like how we can play and prepare.

I know that when I play, the pitch is very slow or there are cracks in the pitch, I can tell my backers that as it is, you know, the cracks in the pitches, the opponent may go for spinners. So I will go for bats, I will play more on the front, and I will try to play more on the switchers, I will try to play more on the bus, but I will not try to play more on the ballers. We know how to play. We have set up a plan. We have prepared the team in this way by giving different types of drills.

In the next session, we will practice different types of drills and we will prepare them. So, I can get a good result from this. So, process it. Now, on the other hand, we have given outcome-based. Setting only outcome-based.

Setting only outcome-based. Today, I will make another run. So, we are players based on this. So, players will be under a lot of pressure. They will be under a lot of pressure.

That's what we have to do. Or we will live like this. That's what I mean. So, because we have a lot of wheezing going on in our mind, we will be under a lot of pressure. But, here, if we go through the process, if we go through the process, that we will singles rotate,

We will hit the ball with the ball. We will play V shots for the first 10-15 minutes. We will play ground shots. Then we will hit the ball with the ball. We will develop the innings.

This is how the process is done. Then the outcome will be under pressure. The process will not be under pressure. So always process game is very important. And it is good.

Then the outcome goes. Next, if we discuss, if you have team goals, you have personal goals. So, should we set team goals or encourage personal goals in a game like cricket? Can we set team goals in cricket? Or can we set personal goals?

Can we? Yes. The answer is yes. Because personal goals are the most important. Why?

Because when they play a match, they play with team goals. So, personal goals are very important as long as they match the team goals. Personal goals, if they match the team goals, are very important. I am going to match. So, I have set a target for all three.

I have set three goals. Personally, I will do my best. So, I have some strong points. I feel it well. I bowl well.

Or I bat well. So, I will set some personal goals for the sake of my team goals. And setting both team and personal goals is vital. So I have to set the team goals and set the personal goals. Both are vital.

I have to set 20 goals for each team. And to achieve those three goals, personal goals are very important. The ocean is made of water. We all know that. The ocean is made of water.

We all know that. Here, if we match the personal goals, if we match the personal goals for each, then we can achieve three goals. Again, from the opponent. Next, if we go, there are some areas. Personal goal, we know three goals.

But there are some areas in goal setting. Those are very important. We see the situation in the match, we see the situation before the match, we see the preparation, we see the physical task, we see the mental task, we see the lifestyle of the players, everything is there. All the victory is considered to be the part of goal setting. These parts need to go to a match.

It is possible to create a developed team. What areas can it be? Then goal setting and area, first and foremost technical. So technically, sound of Kurta Rama player, goal setting and first and foremost point is technical. So my team is good in fielding, good in bowling, good in batting, technically all sound.

That will help me. The techniques are refined. The techniques are in a copybook style. They know how to score runs, test technical aspects. During batting, they show wonderful skills.

During the match, they are a spectacle. So, a positive goal. After a smarter goal, we will discuss positive goals. What is a positive goal? Whenever I set a goal, it should always be positive.

And we have to set the goal with positive words. An example is, I will not hit the ball in the air. This should not be. I will play ground strokes today. This is a positive goal.

I will not play a single white ball today. This should not be. My positive goal is that I will target and wicket all the balls today. This is very important for a cricketer to set the positive goal. Setting the positive goal is very important for a cricketer.

For him and for the team also. Now let's move on to the next topic. What are the guidelines for setting goals? As a coach, what do we need to know? What are the guidelines for goal setting?

Always maintain a diary for making your notes. As a coach, I will always have a diary with me or as a player, I will always have a diary with me. In that diary, I will maintain my diary. I will take notes with me all the time. What did I do today?

What did I do yesterday? Because my goal is a long-term goal. So, Or a short-term goal. So in that case, the goal of the day.

What did I do today as a goal of the day that will help me achieve the mid-term goal after six months? So maintaining a diary every day is important. It's compulsory. And maintain records of your players. As a coach, I have to maintain the records of my players.

If as a coach you have set a goal, So that during team selection, the records will help me to select a good player. Team's goal. What is my team's goal? In the dressing room, I have one.

I have to write down the team's goal. So that when everyone goes, they can see the goal every day. Next year, we will be champions. This is our target. This is our goal.

So every day when a player goes to the dressing room, he has to look at the target. Give sheets of individual goals to players. Give a small paper to every player who has a goal. As a batter, what is your role? What is your goal?

As a player, as a bowler, what is your goal? We have to put that in the players' hands. Players will know about their goals. Keep discussing with your senior coaches and experienced colleagues for knowledge. The coach will not just gain knowledge from his practice session.

From book, no. From library, no. From, you know, internet source? No. The coach should discuss with the senior coaches.

Senior coaches, those who have to discuss with them, then he will get some positive, you know, responses from the senior coaches. He will get positive responses from the senior coaches. And from there, that beautiful knowledge, important knowledge is gained. Our experienced colleagues, From the experienced colleagues, you can gain a lot of knowledge.

So these are the basically the goal setting guidelines. It should be followed by a coach or a player. Next, so we got to know what is the goal setting and how we will explain it. So we knew that we can set long term goals, we can set short term goals, we can set mid term goals, we can set goals of the day and we can set smarter goals. We will make goals smarter.

Or process goal and outcome goal. We will not give more attention to process goal than outcome goal. If we set the outcome goal, we will give more challenges to the players. That is not good. Players will be tensed.

Undue pressure will be there. So go with process goal. So in this way, we have discussed goal setting in matters. Which is very beneficial for the players. And as a coach.

Because ultimately we have to set the goal for our players and for our team. Because we are the coaches. So we have to focus on goal setting. We have to gain more knowledge about goal setting. We have to practically apply goal setting in the ground.

Or in our coaching field or in our coaching sessions. So, thank you.