

MOTIVATION and GOAL SETTING

by Tadgh McIntyre

WHAT THE ATHLETES SAY?

"I never get on the water without having a goal" - Ian Wiley

"I set goals for myself and try and achieve them. Then I reflect back and seek the answers to succeeding" -Ayrton Senna

"We set a goal of getting through to the League semi-finals. Winning the league gave us the confidence to win the championship" -Maurice Fitzgerald

WHAT IS MOTIVATION?

- ❑ From Latin "movere" = to move
- ❑ Defined as factors that influence the initiation, direction, intensity and persistence of our behaviour.
- ❑ Or a want or a need that "moves" us in certain ways.
- ❑ Intrinsic vs. Extrinsic
- ❑ Intrinsic: motivation to engage in activity for its own sake- <e-g- skill improvement etc...)
- ❑ Extrinsic: desire to engage in sport mainly for the rewards that it may provide (e.g. trophies, praise etc...)

WHAT ARE THE MOTIVES OF CANOEISTS?

Motives	Examples
Having fun	Enjoying surfing waves
Skill improvement / challenge	Being driven to improve your shooting skill in polo
Fitness Benefits	Training in marathon to stay fit (may even have role in cross-training for football)
Group Participation	Desire to be a member of a training group or part of a club atmosphere

Why do Canoeists Drop-out?

Motives	Examples
Not having fun	Failure to allow participants freedom to express themselves and enable them to play through their sport (making polo players do skill drills and not letting them play actual games)
Not getting to learn skills	Sessions that put too much emphasis on repetitions or fitness work to the detriment of skill learning (constantly scheduling endurance loops for slalom paddlers)
Too much emphasis on winning	Training that puts pressure on individuals to perform (Individual Time trials)
Perceived pressure from parents & peers	Parents may attend all training sessions and not give the child enough space (remember its perceived pressure)
Conflict with other interests	Discovery of aspects of life beyond sport may become diversions

WHAT IS GOAL SETTING?

- ❑ Most popular technique of sport psychology practitioners
- ❑ GOAL = a specific standard of proficiency on a task, usually within a specified time limit
- ❑ GOAL SETTING = process by which people establish desirable objectives for their involvement in sport

Why set goals?

- They focus attention on a task.
- They enhance motivation.
- They provide a reward in terms of achievement when they are met.
- They provide a challenge for athletes- to pursue.
- They enable coaches to create a healthy sporting environment.
- They promote assessment of athletes' strengths and weaknesses.
- They have been demonstrated to be effective by research.
- They PRODUCE RESULTS!

Why use Process, Performance and Outcome Goals?

Performance goals are what you have to do to maximise your potential! (e.g. , fast & clean). They reduce pressure and enable the paddler to focus on the task. This is effective as long as the task is well enough learned otherwise they will spend mental energy thinking too much about the action and interfere with its production e.g., try walking a few steps and think about the movement, heel or toe touching first? etc...

Process goals define the way to get there! (do ...no. of sessions, build up endurance, etc...). These are the key to achievement because they lead to action, e.g., creating a training programme, keeping a diary.

Outcome goals are when you get there! (e.g., winning, placing etc.). These are the goals that GET YOU OUT OF BED IN THE MORNING! They may be very strong motivators (e.g., beat someone else) but cause pressure so should be avoided in competitive situations.