The Athlete Process-Goal Builder

Put the next practice action on paper.

A process goal describes an action the athlete can execute. It should fit the coach's instruction and remain distinct from a hoped-for result.

Example: an athlete hopes to compete more confidently. The coach assigns a setup cue during a familiar drill. The athlete records when the cue was used and asks for feedback; the competition result stays in a separate note.

01 Separate action and outcome

Name the hope without claiming control over it.

Result or ambition I hope for

Part I can personally carry out

Factors outside my control

Coach's priority for this stage

02 Build the practice task

Use instruction suited to the athlete.

Practice context for the action

Exact action I will carry out

Cue the coach wants me to use

Health, age, or session boundary

The Athlete Process-Goal Builder / Review & follow-through

03 Choose an honest check

Observe the task without disrupting practice.

How execution will be observed

Who will give useful feedback

Executed / partial / adjusted record

Reason the task was adjusted

04 Review and carry forward

Learn from execution and record the result separately.

What I actually carried out

Feedback or difficulty to use

Next coached action

Separate outcome observation