

Volleyball goal setting worksheet

One goal per sheet. Fill it in with your coach and bring it to every check-in.

Name _____ Team _____ Position _____ Date _____

1. My goal

What do you want to get better at? Write it as something you do yourself, in one sentence.

Type of goal: ☐ Technique ☐ Game awareness ☐ Physical ☐ Mental ☐ Role in the team

2. Measure and deadline

How will you know you made it? Pick something you can count or show.

Starting point where are you now?	Goal where do you want to be?	How we measure it what, when, who counts?	Deadline date or week

3. How I will get there

No.	What will I do?	When and how often?
1		
2		
3		

Help I need (from my coach, team or at home):

4. Check-ins

Look back together every few weeks. Adjusting is fine: write down the new goal.

No.	Date	Where I am now	What is going well?	What will I change?	Coach initials
1					
2					
3					
4					
5					

Wrap-up: ☐ Goal reached ☐ Goal adjusted ☐ New goal chosen

Closed on _____ Player initials _____ Coach initials _____

Personal development plan

For one player and one season. Start with where you are now, then work out each goal on its own worksheet.

Name _____ Team _____ Season _____ Coach _____

1. Where am I now?

Circle a number for each skill: 1 = still lots of room to grow, 5 = this is a strength. The player fills in Self, the coach fills in Coach.

Skill	Self	Coach	Notes
Serve	1 2 3 4 5	1 2 3 4 5	
Passing and serve receive	1 2 3 4 5	1 2 3 4 5	
Setting	1 2 3 4 5	1 2 3 4 5	
Attack	1 2 3 4 5	1 2 3 4 5	
Block	1 2 3 4 5	1 2 3 4 5	
Defense	1 2 3 4 5	1 2 3 4 5	
Game awareness	1 2 3 4 5	1 2 3 4 5	
Communication on court	1 2 3 4 5	1 2 3 4 5	
Physical (jump, speed, endurance)	1 2 3 4 5	1 2 3 4 5	
Mental (focus, handling mistakes)	1 2 3 4 5	1 2 3 4 5	

My biggest strengths

My most important areas to work on

2. My goals this season

Three at most. Work out each goal on the goal setting worksheet.

No.	Goal	Measure	Deadline
1			
2			
3			

3. Review

Mid-season

Date:

End of season

Date:

Player initials _____ Coach initials _____ Parent initials (youth) _____

Volleyball goal setting worksheet

This is what a completed worksheet can look like. The name and the numbers are only an example.

Name Sam Team Youth, age 15 Position Outside hitter Date week 1

1. My goal

What do you want to get better at? Write it as something you do yourself, in one sentence.

I serve overhand every time and get more of my serves over the net and into the court.

Type of goal: ☒ Technique ☐ Game awareness ☐ Physical ☐ Mental ☐ Role in the team

2. Measure and deadline

How will you know you made it? Pick something you can count or show.

Starting point where are you now?	Goal where do you want to be?	How we measure it what, when, who counts?	Deadline date or week
4 out of 10 serves in	7 out of 10 serves in	10 serves during the warm-up of the first practice of the week; the assistant coach counts	week 8

3. How I will get there

No.	What will I do?	When and how often?
1	20 extra serves after practice, aimed at a target in the court	every practice
2	The same toss on every serve: low and in front of my hitting arm	every serve
3	In matches: get it in first, only then serve harder	every match

Help I need (from my coach, team or at home): coach checks my toss in week 2

4. Check-ins

Look back together every few weeks. Adjusting is fine: write down the new goal.

No.	Date	Where I am now	What is going well?	What will I change?	Coach initials
1	week 2	5 out of 10	my toss is steadier	don't hit so hard	MK
2	week 4	6 out of 10	works in matches too	keep doing extra serves	MK
3	week 6	6 out of 10	good when I stay calm	after a miss, breathe first	MK
4					

Wrap-up: ☐ Goal reached ☐ Goal adjusted ☐ New goal chosen

Closed on

Player initials

Coach initials

In Koach you add the goal in one sentence to the player's profile under Personal goal.