

4-Step Goal Planning

Step 3. Attention to detail

Now that you have identified your goals and have your goal "steps" outlined--the next step is to look at the details in the goal, in your training and competitions.

Goals are comprised of thousands of little details. When even the little ones are done well, the big goal gets closer.

In short: Are you going through the motions in practice? Choosing to be deliberate with each stroke and aware of the details in both training and competitions will help you know what areas you can improve.

Examples of details in training:

How many correct habits do you have? Analyze your turn, your strokes, your start, your finish, your kick, your head position. There are hundreds of details--do you have good habits or bad?

- How is your breath control on every turn?
- How strong are your legs on kick sets--(do you pull on the lane lines?)
- Does each stroke count for something or are you on auto-swim?
- *(Refer to the motivational tools for a list of 100 detail ideas.)*

List some details in your training to focus on improving:
