



Berkshire All-American Lacrosse - Goal Setting Worksheet

Name: _____ *Grade:* _____ *Position:* _____

What are your goals for this week - What do you hope to achieve this week?

What are some of the things you will need to do during camp in order to achieve the goals stated above?

What is the *number one thing* you want to learn during lacrosse camp?

What are your goals for next season?

What are the things you need to do in order to accomplish your goals for next season?
