

YOUR RECRUITING GOALS GUIDE

Break down your recruiting goals into manageable, meaningful steps.



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Make Your Goals Smart

Use the SMART framework to set clear goals for your recruiting journey.

S

SPECIFIC

What exactly do you want to achieve? A specific goal gives you something clear to aim for.

M

MEASURABLE

How will you know if you're making progress? Measurable goals include numbers or checkpoints so you can track progress.

A

ACHIEVABLE

Is your goal realistic with the time and resources you have? Goals should stretch you, not set you up for frustration.

R

RELEVANT

Does this goal tie to your bigger dreams? The best goals support your recruiting path and what you value in sports, school, and life.

T

TIME-BOUND

What's your deadline? A time-bound goal builds urgency and focus, instead of letting you put it off.

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Your School Priority Checklist

Before setting goals, get clear on what you're aiming for.

Athletes, your goals should lead the way, so fill this worksheet out independently before discussing it with your family.

First, answer some questions about your **preferences**:

1

What do you want to study in college?

Do you already have a major in mind? If so, what academic programs or areas of study are you most interested in?

2

Is location a priority for you?

Your schedule will be busy, so you won't be able to go home whenever you'd like to. This may play a factor in how close to your family you want to be.

3

What matters most in your athletic experience?

Would you prefer to be on a highly competitive team, even if you don't play much? Or would you rather get more playing time, take on a leadership role, or earn a scholarship? Think about your goals, commitment level, and how sport fits into your college life.

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What does your ideal college experience look like?

Picture your day-to-day life on campus. What kind of environment do you want to live and learn in, on and off the field?

5

How important is receiving an athletic scholarship?

Would you only play in college if you're receiving scholarship support? Or is playing your sport no matter what the priority?

Think about your ideal school and college experience.

For each item below, choose whether it's a Low, Medium, or High priority.

- Academic programs
- Academic reputation
- Athletic programs
- Athletic reputation
- Distance from home
- Professor/student relationships
- Dorms/living environment
- Student life/ social vibe
- Diversity
- Religion
- Playing time
- Campus appearance
- School size
- Athletic facilities
- Safety
- Cost
- Campus amenities
- Crowd attendance

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Reality Check: Ground Your Goals

Before you start setting goals, take a moment to reflect honestly on where you stand right now. Being realistic about your athletic ability, academic performance, and overall readiness will help you create a plan that's both ambitious and achievable.

1 What are your top achievements in your sport so far?

Think about awards, stats, team accomplishments, or big moments you're proud of.

2 What level do you currently compete at?

Note the division or tier of your club/school team and how competitive your league is.

3 Do you play in a competitive region?

Are you regularly competing against top-level talent? How does your area compare nationally?

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What is your current GPA?

Does it meet NCAA/NAIA requirements? If not, what's your plan to raise it?

5

Have you taken the ACT or SAT?

If so, what are your scores? Do they align with admissions standards for your target schools?

6

How well do you balance sports and academics now?

Think honestly about your time management, workload, and commitment. How will this translate to the college level?

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Set Your First Recruiting Goal

Use this worksheet to set your very first recruiting goal.

1. Find Your Why



Before you set your recruiting goals, take a step back and ask yourself: *Why* do I want this? Your "why" is your deeper motivation, the reason behind the goal, not just the outcome you're chasing.

Ask yourself:

- What's one moment in your sport when you felt completely alive?
- How do you hope playing your sport in college will shape who you're becoming on and off the field?
- What's the difference between a great college experience and a bad one for you, and why does that difference matter?

Write down your "why" here. Keep it in mind as you set your goals.

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2. Define Your Goal



What is one area you want to focus on right now in your recruiting journey?
Remember to make your goal **SMART**.

Examples:

- *Increase my 40-yard sprint time from 5.3 seconds to under 5.0 seconds by November 30 so I'm in range with the average speed of D1 female soccer players in my position.*
- *Raise my GPA from 2.2 to 2.3 by the end of this school year to meet the academic eligibility standards of my top D1 programs.*

S

M

A

R

T

3. Put Your Goal into Action



Break your goal into 2–3 small, manageable steps you can take this month.

Example:

- *Do speed and agility training 3x per week with a focus on sprint mechanics.*
- *Time my 40-yard dash every other Friday and track my progress in a spreadsheet.*
- *Watch film of top D1 players in my position to study their movement and pace.*
- *Meet with my strength coach once a month to reassess my training plan.*

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4. Keep Moving Forward



You can set more than one long-term goal, just make sure you break each one down into small, actionable steps that are within your control. Your goals aren't set in stone either. Track your progress, be honest about what's working (and what's not), and adjust as needed.

Revisit your goals at least monthly to update your progress.