Birdie Core Lesson - #16 - Dreams and Goals

Birdie Yardage Book (pp. 4-21)

Coach Name: Roger Lundy The First Tee of: Indiana Facility: Riverside Academy Date: 1/16/2018

Duration (mins): 60 # of Coaches/Volunteers: 1 # Participants: 6 PLAYer-to-Coach ratio: 6:1 Age Range: 7-14 Skill Level: 1Beginner # of Stations/# of Holes: 1 Station Equipment/supplies needed: Putter, Balls, Duct Tape Strips, Swim Noodles,

Warm-up

Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:

Click here to briefly describe how you will mentally and socially engage PLAYers to understand Core Lesson Objectives

Safety – Review and emphasize; connect to Healthy Habit:

· Click here to briefly describe how you will maintain safety and incorporate Healthy Habits

Guiding Questions: Ask questions to connect activities and lesson objectives

- How do you...Click here to write open-ended questions to quide PLAYers' experience?
- What happens when... Click here to write open-ended
- Click here to briefly state what participants learn through this core lesson.
- Click here to briefly state what participants will learn about Golf Fundamental and Factor of influence delivered seamlessly.

Life Skills Experience

For each component of the Life Skills Experience, identify what players will learn in each component

LIFE SKILLS OBJECTIVE GOLF SKILLS OBJECTIVE

questions to help PLAYers self-reflect on experience?

What would happen if... Click here to write open-ended questions to help PLAYers do something different?

Golf Skill Category					Cues			
☐ Putt☐ Chip☐ Pitch☐ Full-swing	☐ Distance-response ☐ Target Awareness ☐ Get Ready to Swing ☐ Body Balance ☐ Clubface and Ball Contact ☐ Swing Rhythm ☐ Routines: ☐ Preshot ☐ Postshot ☐ Ball Flight ☐ On-course Strategies			Size or I Target s Hold Balance Clubface Swing to Mental Emotion Trajectc	Click here to list coaching cues to help participants learn.			
Healthy Habit						Eti	quette/Rules of Golf	
Other Healthy Habit(s): Family Family			□ Pla	riends	☐ Safety☐ School☐ Community	,	Identify Etiquette and/or Rule(s) for the o	core lesson

Good-Better-How Feedback (at least 3 Goods and 1 Better/How)

Good: After delivery of Core Lesson, identify Goods with coaches/volunteers.

Better: After delivery of Core Lesson, is there anything that you/coaches/volunteers identify that could be Better.

How: If a Better is identified, describe How you would make a change to this lesson.

WARM-UP (Identify number of stations, equipment needed, rotation, etc.)

TIME: Click here to select or type in time allotted. Location(s): Identify where Warm-ups will take place.

Physically engage PLAYers in a fitness circuit (Recommend one activity from each Category):

StrengthFlexibility/MobilityAgility/CoordinationBalanceObject ControlChoose activity.Choose activity.Choose activity.Choose activity.QuantityQuantityQuantityQuantity

Station Rotation/Circuit

Briefly describe how participants will move through rotation or circuit.

LIFE SKILL EXPERIENCE (List bullet points for time allotted, lesson flow, and location)

TIME (MINS.): Click here to enter time.

DIAGRAM: (Draw stations for set-up with safety zones. If needed, attach diagram on separate sheet.)

Wrap-up

Ask players questions to review what they learned and how they can apply what they learned to school, home, etc.

- 1. What did you experience today about ...? Click here to enter text.
- 2. What did you LEARN about ...? Click here to enter text.
- 3. How can what you learned today be used in school, at home and in other areas of your life off the golf course? Click here to enter text.