

Birdie Core Lesson – Select Core Lesson

Birdie Yardage Book (pp. [Enter page number\(s\) from YB](#).)

Coach Name: [Roger Lundy](#) The First Tee of: [Indiana](#) Facility: [Riverside Golf Academy](#) Date: **2/13/2018**
Duration (mins): [60 minutes](#) # of Coaches/Volunteers: [4](#) # Participants: [20](#) PLAYER-to-Coach ratio: [5:1](#) Age Range: [7-14](#) Skill Level: [Beginner](#) # of Stations/# of Holes: [2](#) Equipment/supplies needed: [Enter supplies needed for lesson/stations.](#)

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 guide PLAYers' experience?](#)
- What happens when... [Click here to write open-ended](#)

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
<i>questions to help PLAYers self-reflect on experience?</i>	
• What would happen if... Click here to write open-ended questions to help PLAYers do something different?	
Golf Skill Category	Golf Fundamental Factors of Influence 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 length of motion ☐ Club selection ☐ Variable amount of energy... ☐ Target selection ☐ Distance to target ☐ Reaction to the target ☐ Hold ☐ Set-up ☐ Aim/alignment ☐ Balanced finish ☐ Balanced start ☐ Balanced during swing ☐ Clubface direction at contact ☐ Centeredness of hit ☐ Impact position ☐ Swing tempo ☐ Swing sequencing ☐ Mental and emotional aspects... ☐ Variable playing conditions... ☐ Emotionally neutral response... ☐ Memory storage of desirable process... ☐ Trajectory ☐ Curvature ☐ Self-management ☐ Course management Start every shot from behind Time for preshot routine should be same everytime. Follow Step by Step process to get to outcome.

Healthy Habit			Etiquette/Rules of Golf	
Healthy Habit—Physical:	☐ Energy	☐ Play	☐ Safety	Hazards – Water, Bunker, Lateral Water – Drop procedures Out of Bounds – Drop procedure Through the Green- Anywhere on course except teeing ground, putting green and all hazards On hole being played.
Other Healthy Habit(s):	☐ Family	☐ Friends	☐ School	
	☐ Vision	☐ Mind	☐ Community	

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: 5 mins. **LOCATION(s):** Putting Green

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

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Lunges Target Quantity	Knee to Opposite Elbow Quantity	Ladder/Jump Quantity	Floor Stunts Quantity	Throw to Stationary Quantity

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.): 40 Minutes

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.](#)*