

Birdie Core Lesson – #20 - Getting to Your Goal

Birdie Yardage Book (pp. 64-77)

Coach Name: [Lundy](#) The First Tee of: [Indiana](#) Facility: [Riverside Academy](#) Date: **12/2/2017**

Duration (mins): **60 minutes** # of Coaches/Volunteers: **3** # Participants: **10** PLAYer-to-Coach ratio: **3:1** Age Range: **8-13** Skill Level: **Beginner** # of Stations/# of Holes: **1** Equipment/supplies needed: **Emoji signs, Golf balls, Clubs, Tees Hula Hoops, Poles to hold up PVC Signs, Hammer.**

Warm-up

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

- Want to set a goal and then figure out a way using STAR and the 4R's to get to that goal using pre-shot and post-shot routines

Safety – Review and emphasize; connect to Healthy Habit:

- **Family and Vision. Doing things together as a family to get to a goal that brings harmony to daily lives and Vision to ultimately leave a footprint on how to get to the end goal.**

Guiding Questions: *Ask questions to connect activities and lesson objectives*

- *How do you...get to your end goal? What do you think the journey will be like on your way to the goal?*
- *What happens when... What happens when you reach a roadblock on your way to your goal? What happens when you achieve?*
- *Steps it takes to overcome obstacles*
- *Steps it takes to achieve what you want*
- *Tools that can be used in any situation in life*
- *Hope to have students learn how a pre-shot routine can get them to be calm before every shot.*

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

- *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	Click here to list coaching cues to help participants learn.

Healthy Habit

Etiquette/Rules of Golf

- Healthy Habit—Physical:** ☐ Energy ☐ Play ☐ Safety
- Other Healthy Habit(s):** ☒ Family ☐ Friends ☐ School
- ☒ Vision ☐ Mind ☐ Community

[Identify Etiquette and/or Rule\(s\) for the 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) :

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Choose activity.	Choose activity.	Choose activity.	Choose activity.	Choose activity.
Quantity	Quantity	Quantity	Quantity	Quantity

Station Rotation/Circuit

Start with arm circles then to trunk rotations to toe touches to ball up and under, side to side, to tossing balls for back swing and follow through

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

TIME (MINS.): 40 Minutes

TARGET PRACTICE – USING PRE SHOT ROUTINE TO BECOME MENTALLY AND EMOTIONALLY PREPARED TO HIT THE SHOT THROUGH THE EMOJI USING THE LONG CLUBS IN THE BAG.

1ST SHOT WITH DRIVER

2ND SHOT WITH FAIRWAY WOOD

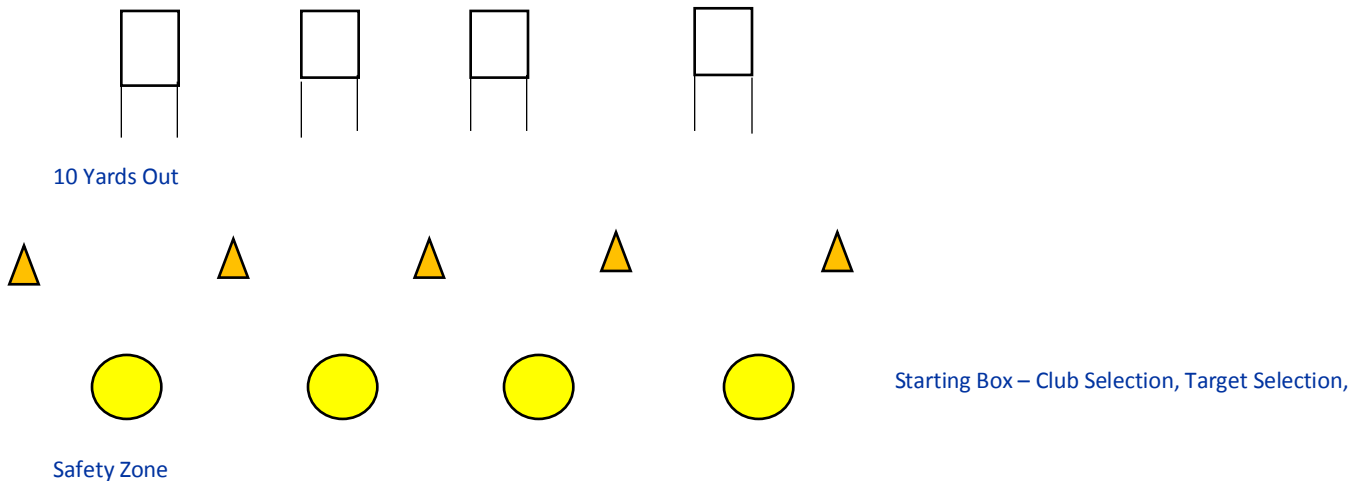
3RD SHOT WITH IRON

GOING TO GO THROUGH THE BAG LIKE PLAYING A ROUND OF GOLF SO GOING THROUGH A ROUTINE WILL BECOME MORE OF A HABIT.

THIS WILL BE ONE BALL AT A TIME.

WANT EACH PARTICIPANT TO WRITE DOWN WHAT THEIR PRE-SHOT ROUTINE IS.

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 ...? Getting to your goal?
2. What did you LEARN about ...? Steps it takes, pre-shot routing, post shot routine,
3. How can what you learned today be used in school, at home and in other areas of your life off the golf course?
Do you have a goal that you want to accomplish this weekend? What are the steps to make it happen?