

Birdie Core Lesson – #20 - Getting to Your Goal

Birdie Yardage Book (pp. 64-77)

Coach Name: [Roger Lundy](#) The First Tee of: [Indiana](#) Facility: [Riverside Golf Academy](#) Date: **3/6/2018**
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: ,

Warm-up

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

- Hope to learn to use a Goal Ladder to set performance goals that will get them closer to Outcome Goal

Safety – Review and emphasize; connect to Healthy Habit:

- Want them to learn to use their vision to get to their goals, turning a dream into a goal and then putting into action.

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

- *How do you...want this to turn out? What are the steps you want to take to get there.*
- *What happens when... you create a plan? What happens*
- The steps it takes to accomplish hard things. Setting positive short term goals to get there.
- Swing Rythym and Tempo drills with practice swings.
-

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
when you hit a bad shot? How do become consistent (Perfect Practice)	
• What would happen if... You didn't have a plan? What would happened if you didn't practice? Didn't have a goal? (Target)	
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
	.Take a positive practice swing and hold balance at end of it.
	Be smooth and graceful.

Healthy Habit		Etiquette/Rules of Golf	
Healthy Habit—Physical:	☐ Energy	☐ Play	☐ Safety
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
Planks Target Quantity	Arms: Extend Out & Reach Ups Quantity	Spot Jump/Hop 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

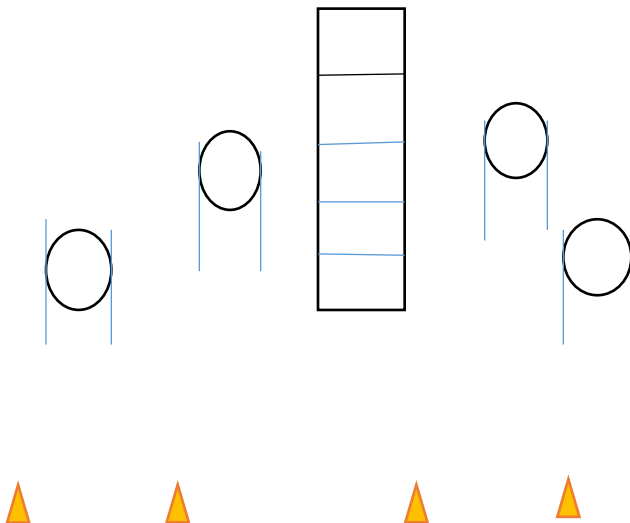
TARGET 21 HITTING TO VARIOUS TARGETS SCORING POINTS FOR YOUR TEAM.

- HIGHEST EMOJI = 10 POINTS
- NEXT LOWEST SQUARE = 5 POINTS
- NEXT LOWEST SQUARE = 3 POINTS
- LOWEST 2 SQUARES = 1 POINT
- HULA HOOP = 3 POINTS
- ALIGNMENT STICK HULA HOOPS = 1 POINT

FIRST TEAM TO 21 WILL WIN THE GAME. WANT THE PLAYERS TO BE STARTING EVERY SHOT FROM BEHIND, HAVE THEM CHECK TO MAKE SURE EVERYONE IS OUT OF THE WAY BEFORE THEY START THEIR SWING. WORKING ON FULL SWING CUES CIRCLE AWAY, SWING LOW TO CIRCLE HIGH AND HOLD FINISH. I WOULD LOVE THE KIDS TO LOOK VERY GRACEFUL.

MORE ADVANCED PLAYERS CAN TRY TO GET THE BALL TO GO THROUGH EVERY SQUARE ON THE MIDDLE LADDER TO REACH THE TOP.

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.](#)