## Birdie Core Lesson – #21 - Dealing with Challenges

Birdie Yardage Book (pp. 78-91)

Coach Name: Roger Lundy The First Tee of: Indiana Facility: Riverside Golf Academy Date: 2/20/2018

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: Tic Tac Toe Board, Golf Balls

### Warm-up

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

• Hope to learn to deal with challenges by using STAR as a basis to overcome those adversities golf and life throw at you.

Safety – Review and emphasize; connect to Healthy Habit:

• Want them to take the time to use their mind and relate that into how hard to swing (energy) and what is and is not important to worry about..

Guiding Questions: Ask questions to connect activities and lesson objectives

- How do you...see yourself solving the problem presented in front of you?
- What happens when... you use STAR and a pre-shot routine
- STAR Stop Access the Problem. Think available options, Anticipate – What the outcomes might be, Respond - What are you going to do.
- How does using a preshot routine helps you solve these problems on the course.
- Where does every good shot start?

# **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

before every shot?

• What would happen if... you don't use the STAR method. What happens if you just get up and hit the ball?

| Golf Skill<br>Category             | Golf<br>Fundamental   |   |   | Factors of Influence  |  | Cues  |
|------------------------------------|---|---|---|---|--|---|
| □ Putt □ Chip □ Pitch ✓ Full-swing | □ Distance-I □ Target Aw □ Get Ready □ Body Bala □ Clubface a □ Swing Rhy □ Routines: ✓ Ball Flight □ On-course | vareness y to Swing nnce and Ball Conta ythm  ✓ Preshot  ☐ Postshot | ☐ Target ☐ Hold ☐ ☐ Balance act ☐ Clubfa ☐ Swing ☐ Menta ☐ Emotic ✓ Traject | selection  Dista Set-up  Aim/a sed finish  Balan ce direction at cor tempo  Swing s and emotional a | ced start  Balanced during swing tact  Centeredness of hit  Impact position equencing spects  Variable playing conditions sonse  Memory storage of desirable process | Start every shot from behind  Take time to make decisions before you swing.  Follow Step by Step process to get to outcome. |
| Healthy Habi                       | it  |   |   |   | Etiquette/Rules of Golf  |   |
| Healthy Habit<br>Other Healthy     | •   | ✓ Energy  ☐ Family ☐ Vision   | <ul><li>□ Play</li><li>□ Friends</li><li>✓ Mind</li></ul>                   | <ul><li>☐ Safety</li><li>☐ School</li><li>☐ Community</li></ul>                                     | Sportsmanship, Unplayable lie, Obstructions  |   |

# 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):

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

Station Rotation/Circuit

Briefly describe how participants will move through rotation or circuit.

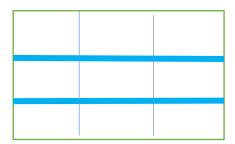
#### LIFE SKILL EXPERIENCE (List bullet points for time allotted, lesson flow, and location)

# TIME (MINS.): 40 Minutes

PLAYING THE GAME STAR. THIS GAME IS JUST LIKE THE GAME OF HORSE IN BASKETBALL. YOU MUST CALL YOUR SHOT BEFORE YOU HIT IT.

- WHAT CLUB YOU WILL USE SHORT IRON, MID IRON, LONG IRON, HYBRID, OR WOOD
- HIT YOUR SHOT, IF IT GOES THROUGH THE TARGET YOU PICKED THEN YOU PLAYING PARTNER GETS A TURN. IF THEY MISS THEY GET A LETTER. IF THEY GO THROUGH THE TARGET THEN THE FIRST PLAYER GETS A LETTER. IF THE FIRST PLAYER MISSES THE TARGET THE SECOND PLAYER THEN GETS TO PICK THE NEXT TARGET. IF A PLAYER ACCOMPLISHES THE TASK THE SECOND PLAYER DOES NOT HAVE TO TELL THE OTHER PLAYER WHAT THE TARGET AND CLUB IS. THAT WOULD BE A GIVEN.
- USE THE STAR PROCEDURE AND PRESHOT ROUTINE BEFORE EVERY SHOT.
- Can Play Multiple Games
- WORKING ON PRE SHOT ROUTINE AND PROBLEM SOLVING
- GAME IS OVER WHEN ONE PLAYER GETS TO STAR.

| DIAGRAM: (Draw stations | for set-up with safety zon | es. If needed, attach diagran | n on separate sheet.) |
|-------------------------|----------------------------|-------------------------------|-----------------------|
|-------------------------|----------------------------|-------------------------------|-----------------------|



Tic Tac Toe Wall to Play the Game Called STAR or PAR or PLAY

15 Yards away- Hitting through the specific row or square depending on skill level.







#### 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.