

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 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 time to make decisions before you swing. Follow Step by Step process to get to outcome.

Healthy Habit

Etiquette/Rules of Golf

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

[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) :

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Lunges Target	Knee to Opposite Elbow	Ladder/Jump	Floor Stunts	Throw to Stationary
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 zones. If needed, attach diagram 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.](#)