

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: **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: [Emoji Signs](#), [Match Game Cards](#), [Diagram of Hole](#), [Golf Balls](#) [PVC Sign Holders](#), [Sledge Hammer](#), [PVC Supports](#), [Hula Hoops](#), [Cones](#), [Yardage Books](#),

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.](#)
- [Pre Shot and Post Shot Routine using STAR / The 4 R's](#)
- [Stop, Think, Anticipate and Respond](#)
- [Replay, Relax, Ready, Redo – Practice Swing](#)
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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	☐ Distance-response	☐ Size or length of motion ☐ Club selection ☐ Variable amount of energy...	Start every shot from behind
☐ Chip	☐ Target Awareness	☐ Target selection ☐ Distance to target ☐ Reaction to the target	
☐ Pitch	☐ Get Ready to Swing	☐ Hold ☐ Set-up ☐ Aim/alignment	Time for preshot routine should be same everytime.
✓ Full-swing	☐ Body Balance	☐ Balanced finish ☐ Balanced start ☐ Balanced during swing	
	☐ Clubface and Ball Contact	☐ Clubface direction at contact ☐ Centeredness of hit ☐ Impact position	Follow Step by Step process to get to outcome.
	☐ Swing Rhythm	☐ Swing tempo ☐ Swing sequencing	
	✓ Routines: ✓ Preshot	✓ Mental and emotional aspects... ☐ Variable playing conditions...	
	✓ Postshot	✓ Emotionally neutral response... ☐ Memory storage of desirable process...	
	☐ Ball Flight	☐ Trajectory ☐ Curvature	
	☐ On-course Strategies	☐ Self-management ☐ Course management	

Healthy Habit

Etiquette/Rules of Golf

Healthy Habit—Physical: ☐ Energy ☐ Play ☐ Safety

Other Healthy Habit(s): ☐ Family ☐ Friends ☐ School

✓ **Vision** ☐ **Mind** ☐ **Community**

[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.](#)

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

STATION 1 – PUTTING GREEN – MATCH GAME PUTTING OBJECT IS TO GET ALL THE TARGETS THAT MATCH AND IDENTIFY THEM ON THE BANNER AND GIVE THE DEFINITION OF WHAT THEY ARE IN REGARD TO THE RULE BOOK AND WHAT THE RELIEF OPTIONS ARE IF YOU GET YOURSELF INTO THAT SITUATION.

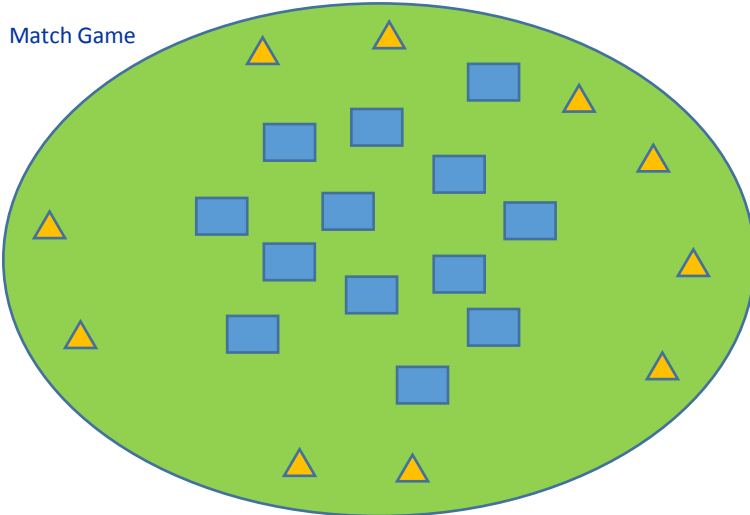
- 2 PLAYER TEAMS WILL PUTT BALL FROM DESIGNATED SPOTS TO TARGETS ON THE GREEN. THE TARGET YOUR BALLS STOPS CLOSEST TO YOU’LL TURN OVER TO FIND OUT WHAT IT IS. EXAMPLE SIGN SAYS PUTTING GREEN. THE SECOND PLAYER FROM THE SAME TEEING GROUND WILL PUTT TO THE CORRESPONDING MATCH. PLAYERS SHOULD BE USING STAR AND THE 4 R’S TO GET TO THE OUTCOME THEY WANT TO ACHIEVE.
- IF YOU GET A MATCH YOU’LL INDICATE IT ON THE HOLE BANNER PROVIDED TO EACH TEAM AND YOU WILL TELL THE COACH WHAT THIS MEANS IN REGARD TO THE RULES OF GOLF
- ONCE BOTH PLAYERS HAVE PUTTED YOU MOVE TO THE NEXT TEE STATION AND REPEAT UNTIL ALL PARTS OF THE COURSE HAVE BEEN IDENTIFIED.

STATION 2 – HITTING BAYS – TARGET CHALLENGE - WORKING ON PRE SHOT AND POST SHOT ROUTINE USING STAR AND THE 4 R’S.

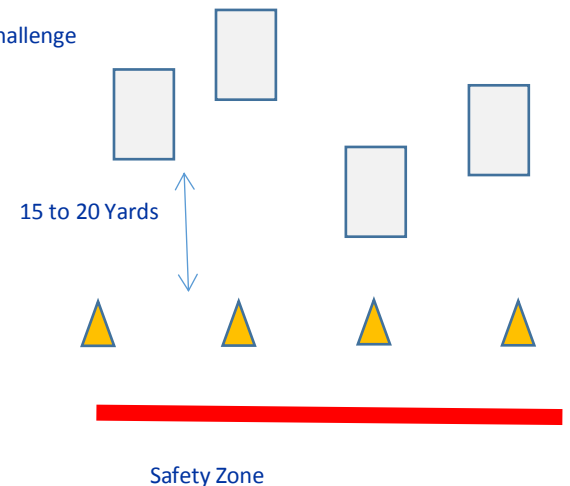
- EMOJI SIGNS ARE SET UP AS TARGETS. GO THROUGH A PRESHOT AND POST SHOT ROUTINE ON EVERY SHOT TRYING TO ACCOMPLISH THE OUTCOME OF HITTING A BALL THROUGH THE EMOJI SIGNS. SWITCH AFTER EVERY SHOT. CAN USE DIFFERENT CLUBS BUT **MUST** GO THROUGH A GOOD ROUTINE. **MAKE EVERY SHOT COUNT.**
- EACH PLAYER WILL HIT ONE SHOT THEN SWITCH WITH THEIR PARTNER.

DIAGRAM: (Draw stations for set-up with safety zones. If needed, attach diagram on separate sheet.)

Match Game



Emoji Target Challenge



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 ...? Goal Ladders and steps it takes to get to goals
2. What did you LEARN about ...? That will help you solve problems. You pick an outcome and make a plan to achieve it.
3. How can what you learned today be used in school, at home and in other areas of your life off the golf course?
How will you use this outside of golf specifically? Tomorrow? This Week? This Month? This Year?