

Birdie Core Lesson # 16.3 Imagine your Shot

Coach Name: Lundy _____ Chapter: Indiana - Richmond _____ Facility: Glen Miller _____ Date: June 22, 2017 _____
 # of Coaches/Volunteers: 3 _____ # Participants: 9 _____ Age Range: 14-18 _____ Skill Level: Birdie _____
 PLAYer-to-Coach ratio: 3:1 _____ # of Stations/# of Holes: 2 _____ X On-course ☐ Off-course Duration (mins): 90 _____
 Equipment and supplies needed: Tapes, PVC Sign with emoji, Cones, 2X 4's, Swim noodle and alignment stick, _____

Additional Notes: _____

Warm-up				
Time Allotted: 10 minutes		Location(s): Driving Range Tee		
<i>Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:</i>				
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<i>Physically engage PLAYers in a fitness circuit (Recommend one activity from each Category) :</i>				
Strength Partner Sits	Flexibility/Mobility Warrior Pose	Agility/Coordination Spot Hops on one foot	Balance Stork Turns	Object Control Wedge bouncing ball
<i>Safety – Review and emphasize; connect to Healthy Habit:</i>				
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Life Skills Experience	
Time Allotted: _____ <i>List what players will learn in each component</i>	
LIFE SKILLS OBJECTIVE(S): IMAGINE YOUR DREAMS How to accomplish score by playing different shots using set up and recovery	GOLF SKILLS OBJECTIVE(S): Playing the Game • How to shoot a score.
Guiding Questions: <i>Ask questions to connect activities and lesson objectives</i> • How do you... • What happens when... • What would happen if... ?	

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
☐ Putt ☒ Chip ☐ Pitch ☒ Full-swing	☐ Distance-response	☐ Size or length of motion X Club Selection	Preshot Routine Steps
	☐ Target Awareness	☐ Target selection ☐ Distance to target	
	☐ Get Ready to Swing	☐ Hold ☐ Set-up ☐ Aim/alignment	
	☐ Body Balance	☐ Balanced finish ☐ Balanced start	Hold – Face – Feet
	X Clubface and Ball Contact	☐ Clubface direction at contact ☐ Centerness of hit	SWING = Hands
	☐ Swing Rhythm	☐ Swing tempo	
	Routines: ☐ Preshot	X Mental and emotional aspects	
	☐ Postshot	☐ Emotionally neutral response	
	☐ Ball Flight	☐ Trajectory ☐ Curvature	
	☐ On-course Strategies	☐ Self-management ☐ Course management	

Etiquette/Rules of Golf:	
Physical Healthy Habits: ☐ Energy ☐ Play ☒ Safety ☐ Other Healthy Habit(s):	Function under Adversity

Wrap-up	Time Allotted: 10 Minutes
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 ...? 2. What did you LEARN about ...? 3. How can what you learned today be used in school, at home and in other areas of your life off the golf course?	

Warm-up (Identify location, activities, number of stations, equipment needed, rotation, etc.)

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LIFE SKILL EXPERIENCE

TIME	LESSON PROGRESSION: List bullet points for time allotted, lesson flow, and location.
2:10-2:35	Richmond Challenge – Match Play - You have to call your shot before you hit it and your opponent is allowed to ask you three questions before you hit.
2:35-3:00	1. Shot Under or Over 2. Downhill chip shot 3. Extreme Uphill Shot 4. Buried in a Bunker 5. Up against a tree
3:00-3:20	6. Drive must to be in the fairway- everywhere else is out of bounds. 7. Extreme Long Putt 8. Partner picks your club 9. Easiest Shot in golf.

DIAGRAM: (Identify number of stations and location, equipment needed for each, and brief description for each station activity.)

This will be done on the golf course with pre- determined shots that have to be hit.

Good-Better-How Feedback (at least 3 Goods and 1 Better/How)

What was GOOD?

What could have been BETTER?

HOW would I improve it next time?