

Lesson Plan 23 • Getting to Your Goal: Taking Ownership over Goal

Lesson Intentions:

Participants will tie together awareness with the other golf fundamentals they've discussed
Participants will learn more in depth about the differences between process, performance, and outcome goals.
Participants will learn more in depth about the "play the ball as it lies" rules.
Participants will learn about club face & centeredness of hit.

Warm Up:

- Strength: 10 frog jumps – must touch the ground before each jump
- Flexibility/Mobility: Jump 180 degrees and land with both feet at the same time. Do this 8 times.
- Agility/Coordination: Ladder jumps with both feet in each square
- Balance: Walk forwards for 20 ft. then backwards for 20 ft. on a balance beam
- Object Control: Dribble a soccer ball in and out of cones 8 ft. apart for 60 ft.

To end the warmup, coaches should demonstrate a proper handshake, then ask players to give a handshake to at least 3 other people in their group.

Putting Green: 1-2-3 Putting Game

Modeling: Golf Skill: Putting; Review Get Ready to Swing, Introduce club face & centeredness of hit. Discuss the three different types of goals and have participants establish a process goal for this activity.

Activity: Players will play a 9-hole putting course with short, medium, & long holes. Coaches should ask and assist players with their process goal and ask what they think about before, during, and after each shot. Players should become more aware of where their club face is at impact and where on the putter they are striking the golf ball.

Key Commitment Objective: Participants should be discussing the three different types of goals and discuss how a process and performance goal can help them with the outcome.

Golf Knowledge Objective: Participants will need to discuss how club face & centeredness of contact affects their ability to control distance.



Rules & Etiquette: Introduce importance to put identifying mark on their golf ball, they should mark and lift to confirm it's theirs. Introduce if players searching for a golf ball accidentally moves it they should replace it.

Guiding Questions: What do you want to accomplish on each shot?
What process goal can you set for yourself to help achieve this?
What did you learn about your club face?



Key Commitment: Pursuing Goals

Golf Fundamental/Factor of Influence: Club face and Ball Contact/Centeredness of Hit

Character Behaviors:

Participants understand why setting goals is an important aspect of learning.

Participants take ownership of their goal achievement and can set different types of goals.

Participants understand how to set different types of goals - outcome, process, and performance - to promote personal success, build confidence, and maintain motivation.

Key Terms:

Loose Impediments
Natural Forces
Honours
Order of Play
Play the Ball as it Lies

Age 14+

Lesson Plan 23

Chipping Green: Tic-Tac-Toe

Modeling: Golf Skill: Review Get Ready to Swing, Introduce club face & centeredness of hit. Discuss the three different types of goals and have participants establish a process goal for this activity.

Activity: Coaches create two teams, with each team using a different color golf ball. The first team to get 3 sections in a row wins the round. For additional challenges, coaches can require each team to get multiple golf balls in each section, or play until a team completes the entire board. Coaches should ask and assist players with their process or performance goal and ask what they think about before, during, and after each shot. Players should become more aware of where their club face is at impact and where on the club face they are striking the golf ball.

Key Commitment Objective: Participants should be discussing the three different types of goals and discuss how a process and performance goal can help them with the outcome.

Golf Knowledge Objective: Participants learn how their impact position & club face affects their success in hitting different targets.

Guiding Questions: What was your process goal for this activity? What are you changing with each target? What did you learn about your impact position and club face at impact?

Rules & Etiquette: Introduce playing the course as we find it and cannot improve where the ball sits. If a player deliberately alters their lie or lie of another player they would add 2 strokes to their score.

Driving Range: Tee to Green

Modeling: Golf Skill: Review Get Ready to Swing, Introduce club face & centeredness of hit. Discuss the three different types of goals and have participants establish a process goal for this activity.

Activity: Noodles are placed on the range to represent a fairway, green, OB, & any other part of the course you can identify. Players play a simulated course from Tee to Green beginning with a tee shot and attempting to hit the fairway, then green. The tee shot is the only time they are allowed to use a tee. Players are given a specific number of shots to hit the fairway and green based on their age and/or skill level. If they are successful they get a par, for each miss a stroke is added. If using OB markers then 2 strokes would be added. Coaches can add a pitch shot with smaller targets as well.

Coaches should ask and assist players with their process or performance goal and ask what they think about before, during, and after each shot. Players should become more aware of where their club face is at impact and how their impact position affects the club face direction and contact.

Key Commitment Objective: Participants should be discussing the three different types of goals and discuss how a process and performance goal can help them with the outcome.

Golf Knowledge Objective: Participants discuss how different lies can affect club face and centeredness of contact.

Rules & Etiquette: If a ball needs to be identified in the bunker, a player may move sand to do so, but must recreate their original lie leaving a small portion of the ball visible before playing their shot.

Guiding Questions: What made this activity challenging? Did you focus on something specific to help be successful? What would a good performance goal be for this game?

Wrap Up:

What is the difference between a process and performance goal? What is an outcome goal? What should you do if someone accidentally moves your golf ball? How can setting goals before you play help your mentality?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: