

Lesson Plan 16 • Getting to Your Goal: Plan to Achieve

Lesson Intentions:

Review Four Guidelines to Setting a Reachable Goal: Positive, Important to them, Specific and Under Their Control
Understand how to utilize the Four Guidelines and integrate into steps on a Goal Ladder

Review and connect elements of Get Ready to Swing, hold, set up, aim & alignment to Clubface Awareness

Experience and explore greater Clubface Awareness and Centeredness of hit

Review that we start a hole from the teeing area and introduce that if players do not start the hole from within the tee box, they have to add two strokes to their score. Also introduce that the tee markers cannot be moved. If a player chooses to do this, they must add two strokes to their score.

Warm Up:

Bear Crawl (10 yards)

Push-ups (5 regular or 10 on knees)

Jump and Turn (180 or 360 degrees)

Guiding Question: If you think about one thing you could do better in this warmup what could be an easy thing to improve? Compare it to the first step on a goal ladder.

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: Through the Gates Putting

Modeling: Golf Skill: Putting; Get Ready to Swing (what it looks like to get setup for a putt; aim & alignment); Y-Putt-Y

Activity: Coach will set up a putting course on the green with washers creating a triangle around the target hole. Participants will have to carefully aim in order to get their ball to roll between the gates (two washers) set up in front of the hole and stop them before the last washer. If the ball rolls through the gates (first two washers) it is worth 1-point, an additional 2-points if the ball stops before the last washer, and an additional 3-points if the balls falls in the hole (for a total of 6 points if they hole the ball out in 1-stroke). Participants should apply target awareness skills by establishing aiming points on putts that break. Participants will complete the hole by putting the ball into the hole, but only count their score for the first putt.

Golf Knowledge Objective: Reading the grain and break in a putt and adjusting your center of clubface to your target. Understanding that you cannot alter the tee markers even if they are pointed in a direction away from your target. A hole starts when a player makes a stroke to start the hole.



Rules & Etiquette: Teeing area & Rules; Must start at your tee time, no earlier or later; Honours Golf vs Ready; Prompt pace of play; Hole begins when player makes a stroke to start the hole

Guiding Questions: Did you have a goal for each hole? For each round? What steps did you take to reach those goals?



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Pursuing Goals

Golf Fundamental/Factor of Influence:

Target Awareness/Clubface Awareness

Character Behaviors:

Participants understand how a plan can help them achieve a goal

Participants can explain the concept of a goal ladder and construct a goal ladder for a golf goal.

Participants develop and engage in purposeful practice that is structured around the steps on their goal ladder.

Participants understand that utilizing a goal ladder can be applied to situations and goals away from First Tee.

Key Terms:

Honours

Age 12-13

Lesson Plan 16

Chipping Green: Battleship Chipping

Modeling: Golf Skill: Chipping; Get Ready to Swing (what it looks like to get setup for a chip; aim & alignment); Y-Chip-Y

Activity: Coach should set up a 'battleship' shape on the chipping green using duct tape, survey tape, etc. Create different sections within the battleship. The hitting bays can be separated into two teams marked by half of the bays with white golf balls and the other half with colored golf balls or play as one team. Instruct players that they will need to get a set number of golf balls into each section of the battleship appropriate to the class skill level. Class or team will 'sink' the battleship when the number of golf balls needed in each section is reached. Participants will be responsible for keeping track of their scores. Connect target awareness to changes in targets depending on what sections need balls to sink the ship.

Golf Knowledge Objective: Playing the ball as it lies

Guiding Questions: How does the centeredness of your hit on the clubface affect the feel or direction of your shot? What kinds of steps do you take before each shot to reach your target goal?

Rules & Etiquette: No practice strokes between holes or during play of a hole - except on previously completed putting green or next tee box; 14 Club maximum; Must complete a hole with the same ball you started with but can switch balls between holes

Driving Range: Through the Gates

Modeling: Golf Skill: Full-Swing; Get Ready to Swing (what it looks like to get setup for a shot; aim & alignment); L-Hit-L

Activity: Set up two noodles about 5-6 ft in front of each hitting station with about 4-5 ft of space between the noodles, creating a "gate". Participants will work on selecting a target approx. 3 ft in front of them to line up their shot in order to get their ball to go between the noodles, or gates. Have participants hit 3 balls each turn and see how many out of 3 they can get between the noodles. For more advanced groups of golfers, you can move the noodles closer together to make the activity more challenging.

Golf Knowledge Objective: Players are required to start their round at their tee time; no earlier, no later. They also must observe the rules of the tee box, including that they are not allow to move a tee marker even if it is in the way of their stance.

Rules & Etiquette: Teeing area & rules; Honours Golf vs Ready Golf; Starting a round on time; Prompt Pace of Play; 14 Club maximum; A round is finished after holing out on the final hole or when a match has been decided

Guiding Questions: How did you adjust your stance and setup to your target? Could you tell a difference between a shot that hit in the center of the clubface vs a shot that hit near the toe or the heel?

Wrap Up:

When we think about setting goals, how does the picture of a ladder help you get your mind around creating steps to reach the goal? When you really put your focus on the center of the club when pitching or chipping, what changed about the ball? When you really put your focus on achieving mini-goals or steps on a goal ladder, how might that help you achieve what you want? Let's think of a goal (real or fictitious) and create some steps that align with our Four Guidelines.

Good
Better
How

Good #1:
Good #2:
Good #3:

Better:

How: