

Lesson Plan 15 • Setting Goals: Process & Purpose

Lesson Intentions:

Players will discuss how far away their chosen target is.

Players will learn about goal setting, particularly discussing the Four Guidelines for Setting a Reachable Goal:

(1) Positive, (2) Important to You, (3) Specific, and (4) Under Your Control.

Players will learn about different styles of scoring, such as match play.

Warm Up:

Standing Stretches

Arm Circles (small, medium, large)

Underhand Ball Toss to Target (short, medium, long distances)

Guiding Question: Did you have any goals for yourself during these warm ups? How far do you think you had to toss during the warmup?

To end the warm up, coaches should demonstrate a proper handshake and explain that players are expected to follow a code of conduct while on the course. Then ask players to give a handshake to at least 3 other people in their group.

Putting Green: Progressive Putting

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

Activity: Working in teams, participants will putt from a starting teeing area to a hoop (or hole if more advanced) approximately 2-3 feet in front of them. Each time a participant makes a ball in the hoop/hole, they may move the hoop a couple feet farther from their starting tee box (or move farther from the hole). Participants will take turns putting to the hoop/hole and work together to move the hoop back as far as possible within the given time limit, or race to putt to the farthest distance needed to "win" as designated by the coach. If you have a group with a majority beginner golfers, try starting the activity by having them roll the golf ball underhand, then transitioning to the putter.

Encourage participants to learn more about each other by asking teammates questions such as: What is your favorite flavor of ice cream? What month were you born? Do you have a pet? What is your favorite school subject? Similarly, encourage them to set goals for themselves or their group.

Golf Knowledge Objective: Players will have to process and test the distance from their hitting space to their target, as it will fluctuate throughout the activity.



Rules & Etiquette: Conduct expected of all players; General Area - putting green is not considered part of the general area; Players are responsible for playing by the rules - no referees on the course.

Guiding Questions: How far was the furthest hoop/hole from your teeing area? How far is the closest hoop/hole? How can you tell? What are ways you can measure? What was your goal you created when you learned how to play this game? Did it fit the four guidelines? Was it a different kind of goal?

Key Terms:

General Area

Winning a Hole in Match Play

Conceding a Hole

All-Square

Scoring in Match Play such as ending a match 3&2



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Pursuing Goals

Golf Fundamental/Factor of Influence:

Distance Response/Size of Motion

Character Behaviors:

Participants can state the Four Guidelines for Setting a Reachable Goal and understand their importance in the goal setting process.

Participants can write goals that adhere to the Four Guidelines.

Participants understand that setting goals can help them improve their skills and achieve things on and off the course.

Age 12-13

Lesson Plan 15

Chipping Green: Leapfrog Chipping

Modeling: Golf Skill: Chipping; Get Ready to Swing (what it looks like to get setup for a chip; how to hold an iron); Y-Chip-Y

Activity: Make sure there are an even number of groups. Groups will play against a group next to them for each match. Players will chip from off the green to different distances between two lines on the putting green. Players hit one shot each and each shot must finish in the section directly after the previous section reached, starting with the shortest distance from the players. If you have a group with a majority beginner golfers, try starting the activity by having them toss the golf ball underhand, then transitioning to the iron. Groups will play a match of 3 rounds (holes) against each other to see who can reach the farthest section first, winning the round (hole). If they are tied, then the match is "all-square". Groups should set goals for themselves and/or their teams before the start of each match. Encourage participants to learn more about each other by asking teammates questions such as: What is your favorite restaurant? What is your favorite hobby?

Golf Knowledge Objective: Players will have to process and test the distance from their station to their target as it will fluctuate with each section.

Guiding Questions: Was it difficult to score your match like that? Did you find it hard to track? Was it easy to guess the distances of your shot? How well did you estimate? Did setting a goal for yourself help you in competition?

Rules & Etiquette: All players are expected to follow the rules and follow a code of conduct; 24 rules in the Rules of Golf; Match Play is scored by holes; "All-Square"; Winning a match, i.e. 3&2; Conceding a hole, stroke, match.

Driving Range: Football Golf

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

Activity: Set up a series of lines representing all four downs with an endzone at the end and noodles as a field goal. Teams must alternate shots to stop the ball at the first down, then second down, and third down before they score a touchdown. Players work together as a team racing against the team next to them to see who can get a touchdown the fastest and win the round (hole). The coach will designate a number of rounds that make up a match and teams will score each round as if they were playing match play on a course. If they are tied during the match they are "All-Square".

Encourage participants to set goals and learn more about each other by asking teammates questions such as: Where is the coolest place they have been? What kind of music do they like? Do they have a favorite sports team?

Rules & Etiquette: Players are responsible for following the rules and a code of conduct; 24 rules in the Rules of Golf; General Area & exceptions: teeing area, bunkers, penalty areas, putting green; Players & markers are responsible for providing correct score and signing an accurate scorecard; Match play is scored by holes.

Golf Knowledge Objective: Introduce the part of the course they are on as the driving range. This is where we can practice our tee shots and full swings. Introduce the iron and/or driver and parts of the club.

Guiding Questions: Was it difficult to score your match like that? Did you find it hard to track? Was it easy to guess the distances of your shot? How well did you estimate? What are ways of measuring? Did setting a goal for yourself help you in competition?

Wrap Up:

What is the most meaningful guideline to you for setting your goals? How confident are you in your distance measuring ability? What can you use to measure distances to targets? How is match play different from other forms of play in golf? What is included in the General Area and what is *not* included? What are some things you learned about your classmates? What does a proper handshake look like?

Good
Better
How

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

Better:

How: