

Lesson Plan 13 • Dreams & Goals

Lesson Intentions:

- Players will understand the difference between a dream and a goal.
- Players will learn how to turn a dream into a reality.
- Players will understand the difference between a short-term goal and a long term-goal.
- Players will understand how to make a bigger swing to make the ball go farther.
- Players will learn how to determine if a ball is in or out-of-bounds.
- Players will learn how long to look for a golf ball.

Warm Up:

How can warming up help reach a goal? How are these related to a golf swing? Why is balance important?

Walking Lunges - 15 yards

15 toe touches

Balance on each leg for 30 seconds

Ball toss while balancing on one leg - 10 each

Putting Green: 1-2-3 Putting

Modeling: Golf Skill: Distance Response & Body Balance through Club Selection and Balanced Finish

Activity: Set up a 6 or 9-hole putting course which has an equal number of short, medium, and long putts. For the first round, participants should putt only one stroke on each hole to see if they can make it. After one stroke they should pick up and move on to the next hole. The second round the participants get two strokes; the third round, three strokes. Coaches should have players set a goal for the course and help them find ways to continue pursuing it positively. Players should practice holding their finish while watching the ball roll. Coaches can create more balance awareness by having players putt on one leg, or discussing weight distribution and having them try to maintain it through the putting stroke.

Key Commitment Objective: To pursue a goal, you must have a goal. Have players continue setting goals for each game.

Golf Knowledge Objective: Players learn a ball touching the OB line is not out.



Rules & Etiquette: Ball is out of bounds only if the entire ball is out. Review parts of the course.

Guiding Questions: What did you do to make the ball go different distances? What did you do to set your goal? How long do you think you should hold your finish?

Key Terms:

Lost Ball

Unplayable Lie

Penalty Area

Back on the line relief

Lateral relief



Key Commitment: Dreams & Goals

Golf Skill(s): Putting, chipping, and full swing

Golf Fundamental/Factor of Influence: Distance Response, Balanced Finish, Club Selection, Swing Length

Character Behaviors: Participants understand the difference between a goal and a dream and how goals can turn dreams into reality.

Participants can explain why it is important to have goals.

Participants understand the difference between short-term, & long-term goals.

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.

Lesson Plan 13

Chipping Green: Target Chipping

Modeling: Golf Skill: Distance Response & Body Balance through Club Selection and Balanced Finish

Activity: Create a target-like shape on the green using rope, string or survey tape by making a small circle in the center, surrounded by a medium sized circle, then a final larger circle (think of sonar as a better visual). A ball stopped in the small circle is worth 100 points, the middle section is worth 50 points, and the outside circle is worth 25 points. Players explore club selection along with swing length to determine different ways to hit the target. Coaches have players set goals with each round, which can be towards scoring, how many of certain sections they want to hit, or even goals with different clubs. Coaches can have players explore weight distribution and encourage a balanced finish. **Key Commitment Objective:** Players set or work towards a goal each time it is their turn.

Golf Knowledge Objective: Players should watch their ball until it stops if possible. On the course, if they are searching for it they only have 3 minutes to look.

Guiding Questions: What clubs did you use? What was your goal? Did you accomplish it? How long should you hold your finish? How long do you have to look for your ball?

Rules & Etiquette:



Driving Range: Football Golf

Modeling: Golf Skill: Distance Response & Body Balance through Club Selection and Balanced Finish

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. Coaches have players set goals for each round, have them use different clubs, explore swing lengths, and ensure there is balance in the swing and through to the finish. **Key Commitment Objective:** Players set a short-term goal that can help them with a long term goal, which they should share.

Golf Knowledge Objective: Players learn how to start and remain balanced through the finish.



Rules & Etiquette: Lost ball requires a player to return to the place they hit their last shot from adding a penalty stroke. Introduce what it means to have an unplayable lie.

Guiding Questions: Did you have to adjust your goal, and if so, why? What did you learn about your balance and weight distribution? Which clubs gave you the most success?

Wrap Up:

What's the difference between a dream and goal? What's the difference between a short-term and long-term goal? What can you do today to start making your dream a reality? How does balance help you control distance?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: