

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

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: Lag Box Putting

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

Activity: Coaches set up putts with different distances that vary from 10-40 feet. This can be set up as a course or as stations for each putt. Participants explore swing lengths, tempo, & energy for each distance. Boxes can be created with string, survey tape, or simply use flat hoops. They should be set up to allow for uphill and downhill putts.

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.

Age 10-11

Lesson Plan 13

Chipping Green: Landing Spots

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

Activity: Coaches set up a variety of targets with large hoops, string, survey tape, or other targets that are large enough to hit. Participants are introduced to carry distance and how to find and hit a landing spot. This should include exploring different clubs & swing lengths. Coaches can create point values based on the size of the target and/or how far the landing spot is.

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: Tee it High Let it Fly

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

Activity: Participants learn how the driver differs from other clubs in their bag and how to maximize their distance. This includes swing length, solid contact, swing speed, balance, etc. If possible, coaches set up markers that allow participants to see how far they hit each drive.

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: