

Lesson Plan 15 • Setting Goals: Process & Purpose

Lesson Intentions:

Target Awareness: Select a target, determine the distance, and combine them together.

Pair advanced players with beginners and Empower them to help reinforce target selection.

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.

Pursuing Goals: be excited to grow and learn, not afraid to fail, learn from achievements and setbacks

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: Tug-O-War

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. Explore how distance and target selection work together.

Activity: Players and/or teams compete by attempting to putt a ball into a flat hoop. Each time a putt is made they move it one level closer to them. This continues until one side pulls the hoop all the way to the closest level and makes the putt. The distances and size of hoops can be modified to fit different age and skill levels.

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 goal 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: Carry and Roll

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. Explore combining distance with target selection.

Activity: Participants are introduced to the concept of carry vs roll when chipping. The idea is to carry the ball past a line on the green and stopping the ball short of another line. Other targets, such as hoops, cones, etc can be placed as additional targets. Coaches can set a number to successfully carry & roll within the zone created. The first team who gets to that number wins, or they can compete against each other individually.

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: Leap Frog Full Swing

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. Explore combining distance and target selection.

Activity: Participants attempt to hit each shot past their previous one. The intention is to see how many shots you can hit by leapfrogging each of your shots. This can be done by exploring different clubs and swing lengths at their discretion. They can start with as short a shot as they like! No additional set up is needed beyond hitting stations, but a fairway boundary could also be used for an additional challenge.

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: