

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 Centerdness 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: Bullseye Putting

Modeling: Golf Skill: Putting; Get Ready to Swing (what it looks like to get setup for a putt; aim & alignment); Y-Putt-Y. Clubface & centerdness of hit and how it affects both distance and direction.

Activity: Bullseye putting is a target oriented game that can also be used for distance response. Participants attempt to putt their golf ball inside a bullseye created with survey tape or string. The shape doesn't matter, only that there are at least 3 zones. For 3 zones, the points are as follows: outer zone - 25pts, middle zone - 50pts, center zone - 100pts.

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

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Chipping Green: Capture the Frog

Modeling: Golf Skill: Chipping; Get Ready to Swing (what it looks like to get setup for a chip; aim & alignment); Y-Chip-Y. Clubface & centeredness of hit and how it affects both distance and direction.

Activity: A variety of hoops or shapes made from survey tape or string are placed on the chipping green. The number of points is determined by the size of each target. There should be at least 3 different sizes so that all skill levels not only have a chance to hit a target, but so more skilled players can be challenged. The more targets the better! With 3 sized targets the frog values are as follows. Largest target - 25 frogs, mid-size target - 50 frogs, smallest target - 100 frogs.

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: Wedge over Hazard

Modeling: Golf Skill: Full-Swing; Get Ready to Swing (what it looks like to get setup for a shot; aim & alignment); L-Hit-L. Clubface & centeredness of hit and how it affects both distance and direction.

Activity: Coaches create a simulated yellow penalty area that requires participants to carry over while attempting to hit a green or simulated green. The penalty area should be versatile if possible so adjustments can be made for different ages and skill levels. This can also be a great tool when explaining general rules, how to drop, penalties, etc.

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: