

Lesson Plan 23 • Getting to Your Goal: Taking Ownership over Goal

Lesson Intentions:

Participants will tie together awareness with the other golf fundamentals they've discussed
Participants will learn more in depth about the differences between process, performance, and outcome goals.
Participants will learn more in depth about the "play the ball as it lies" rules.
Participants will learn about club face & centeredness of hit.

Warm Up:

- Strength: 10 frog jumps – must touch the ground before each jump
- Flexibility/Mobility: Jump 180 degrees and land with both feet at the same time. Do this 8 times.
- Agility/Coordination: Ladder jumps with both feet in each square
- Balance: Walk forwards for 20 ft. then backwards for 20 ft. on a balance beam
- Object Control: Dribble a soccer ball in and out of cones 8 ft. apart for 60 ft.

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: HORSE

Modeling: Golf Skill: Putting; Review Get Ready to Swing, Introduce club face & centeredness of hit. Discuss the three different types of goals and have participants establish a process goal for this activity.

Activity: HORSE can be set up with different putts around one hole, or as a golf course. There are multiple ways to play, for example: Farthest from the hole gets a letter or highest score on a hole gets a letter. For more advanced participants, letters are only earned when a player misses a putt that their competitor makes.

Key Commitment Objective: Participants should be discussing the three different types of goals and discuss how a process and performance goal can help them with the outcome.

Golf Knowledge Objective: Participants will need to discuss how club face & centeredness of contact affects their ability to control distance.



Rules & Etiquette: Introduce importance to put identifying mark on their golf ball, they should mark and lift to confirm it's theirs. Introduce if players searching for a golf ball accidentally moves it they should replace it.

Guiding Questions: What do you want to accomplish on each shot?
What process goal can you set for yourself to help achieve this?
What did you learn about your club face?



Key Commitment: Pursuing Goals

Golf Fundamental/Factor of Influence: Club face and Ball Contact/Centeredness of Hit

Character Behaviors:

Participants understand why setting goals is an important aspect of learning.

Participants take ownership of their goal achievement and can set different types of goals.

Participants understand how to set different types of goals - outcome, process, and performance - to promote personal success, build confidence, and maintain motivation.

Key Terms:

Loose Impediments
Natural Forces
Honours
Order of Play
Play the Ball as it Lies

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Chipping Green: Leap Frog Chipping


Modeling: Golf Skill: Review Get Ready to Swing, Introduce club face & centeredness of hit. Discuss the three different types of goals and have participants establish a process goal for this activity.

Activity: Using tape, rope, or string, create multiple spaces to chip withing. The idea is to begin with the nearest space and have participants work their way from shortest to longest. For an added challenge, coaches can increase the number of golf balls hit into each space, have them work all the way back, and have participants use different clubs. This is primarily for distance and helps the participants explore and learn more about swing length, energy, & club selection.

Key Commitment Objective: Participants should be discussing the three different types of goals and discuss how a process and performance goal can help them with the outcome.

Golf Knowledge Objective: Participants learn how their impact position & club face affects their success in hitting different targets.

Guiding Questions: What was your process goal for this activity? What are you changing with each target? What did you learn about your impact position and club face at impact?



Rules & Etiquette: Introduce playing the course as we find it and cannot improve where the ball sits. If a player deliberately alters their lie or lie of another player they would add 2 strokes to their score.

Driving Range: Fairway Bound

Modeling: Golf Skill: Review Get Ready to Swing, Introduce club face & centeredness of hit. Discuss the three different types of goals and have participants establish a process goal for this activity.

Activity: This activity will help participants improve their ability to hit the golf ball into a fairway. This will also serve as a way to introduce that part of the golf course to new participants. In addition to creating a fairway, distance markers/targets can be placed along the center of the fairway allowing players to also use it as a distance activity. Coaches can also create a second column of noodles to introduce the fairway, rough, & OB. Any point values for hitting the fairway, or rough when applicable are up to the coaches.

Key Commitment Objective: Participants should be discussing the three different types of goals and discuss how a process and performance goal can help them with the outcome.

Golf Knowledge Objective: Participants discuss how different lies can affect club face and centeredness of contact.



Rules & Etiquette: If a ball needs to be identified in the bunker, a player may move sand to do so, but must recreate their original lie leaving a small portion of the ball visible before playing their shot.

Guiding Questions: What made this activity challenging? Did you focus on something specific to help be successful? What would a good performance goal be for this game?

Wrap Up:

What is the difference between a process and performance goal? What is an outcome goal? What should you do if someone accidentally moves your golf ball? How can setting goals before you play help your mentality?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: