

## Dreams & Goals-getting started

Having thoughts or feelings about what you want to accomplish in golf and life begins with a dream



### HEALTHY HABIT

#### MIND

In order to make the most of one's unique gifts/talents, characteristics and abilities, an individual needs to learn from the past, value the present, create their vision and future to ultimately "leave a footprint". (preferably not in someone's line of putt)

### LIFE SKILL

#### Dream it, Plan it, Do it

Imagine your dream-set your goals to make those dreams a reality-practice and share

### GOLF SKILL

#### On Course Strategies

Think of a variety of ways to negotiate your course. Find the best for you

### Activity

Visualize an indoor/outdoor miniature golf course at home. Consider what might be fun, challenging and engaging.

- Start planning by setting goals (where to begin). Using a few of your core values while using shared space, consider being respectful, courteous and responsible to others and your surroundings.
- Make as many golf holes as you would like. Assign the PAR of each hole based on difficulty.
- Using good judgment, decide what types of shots you might use (putt, chip, pitch - full swing if you have room).
- Once finished, play the course...over and over again...that's called practice.

**Please take a photo and send it to Coach Leslie**

## GOLF RULE

### Create Penalty Areas

**Penalty areas** are one of the five defined areas of the course and can be marked as either red or yellow. When your ball lies in a penalty area you can play it as it lies or take relief outside the penalty area for one penalty stroke.

- For either red or yellow penalty areas, you can play from where your last stroke was made (stroke and distance) or take back-on-the-line relief by going back as far as you'd like on the line between the hole and where your ball last crossed the edge of the penalty area.
  - In the red penalty area, you have one additional relief option, which is to take lateral relief within two club-lengths of where your ball crossed into the penalty area.
- ✓ Did you know that you are NOT allowed to play a provisional ball when you think your ball will be lost in a penalty area?

What would you do to make your course more challenging?

What discovery did you make while visualizing your dream verses reality?