

Setting Goals that are Specific

Helps to determine what you have to do in specific, measurable terms to reach your goal or to experience success



Golf Skill

Get Ready to Swing

From behind the ball:

Look at your surroundings and lie

- Line up your ball
- Draw an imaginary line to your target
- Check posture
- Check feet so they

Are parallel to imaginary line -
choose the best club for your shot -
take a practice swing to determine
size of swing

Healthy Habit

Physical Safety

The habit of safety reminds us to play in a safe environment by following the rules, protecting the body with proper equipment, warming up and cooling down, and wearing sun protection (p.15)

During your activity: Safety First

- Consider the lie of your ball
 - Are there rocks or roots or branches
- Consider your surroundings
 - What is above you
 - What is behind and to each side
- Consider what "might" happen if you miss hit your shot

Life Skill

- Set Goals that are **specific/reachable**
- **Goal must contain a # to be specific**
- **Goal must be reachable**
- **EX: 3 of 6 shots hit low reaching target**
- Set Goals that are **specific/reachable**
- **Goal must contain a # to be specific**
- **Goal must be reachable**

EX: 3 of 6 shots hit low reaching target

GOLF RULE

How do I play this ball according to the rules of golf?

- What if my ball is in a flower bed?
- What if my ball is lying on a loose impediment?
- What if my ball hits a tree then hits my golf bag?

- ✓ Upload USGA Rules of Golf 2019 App
- ✓ Click on Rules of Golf Explained Videos
- ✓ Rules of Golf Explained:

Have these rules changed since 2018? How?

How many rules can you find to help you or keep you safe while doing your activity

ACTIVITY

It is finally the growing season in Western PA. That means that unless you have already mowed your lawn, your yard should play like the US Open rough.

This week we are working on looking at the options of getting our ball out of difficult or challenging lies using specific goals.

- Specific: contains a number (I will hit three out of six targets...)
- Using a golf ball, practice ball or rubber ball
- Drop three balls into the deep rough. Try using a long iron to chip out. Use a short/lofted club for 3 and use a hybrid for 3.
- After all nine shots have been hit, choose the club you felt more successful with and set a specific goal for the same shots i.e.; I will hit four of nine shots in the air
- Move your golf balls to another area of your yard (trouble)i.e.; under a tree or bush. Look around. Try this drill again. Look up and record any rules that may help you with a difficult lie.

Adjust your goals and try again. Try these many times this week. Have Fun!

Did you know that the easier you swing your club in deep grass, the “hotter” it comes out? Give it a try!
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