

BIRDIE/EAGLE ACTIVITY WEEK OF MAY 25

CORE ACTIVITY 20.1:

LOOKING AT A GOAL LADDER

Here is an example of a ladder for a pitch shot goal.

See if you can spot the step that is out of order.

Goal: By the end of the summer, I want to get six out of 10 pitch shots onto the green from a distance of 75 yds with two different clubs.

Example

Steps on the Goal Ladder

E. Practice my method for hold, set up, aim and alignment

D. Hit 3 out of 5 pitch shots onto the green

C. Practice hitting my pitch shots onto the green 2 days per week

B. Practice hitting my pitch shots with 2 different clubs

A. Ask for help on how to hit a pitch shot

Original

Order

5

4

3

2

1

SOCIAL

BUILDING GOAL LADDERS

To get started with building a putting goal ladder. In Core Activity 18.5: Setting Reachable Goals, you finalized your goals for the four golf skill categories (putt, chip, pitch, full-swing) to meet the Four Guidelines for Setting a Reachable Goal.

Create a goal ladder by recording the easiest step for putting, chipping, pitching and full-swing on the bottom

step and work your way up the ladder.

My putting goal:

My putting goal ladder:

- 5
- 4
- 3
- 2
- 1

My chipping goal:

My chipping goal ladder:

- 5
- 4
- 3
- 2
- 1

My pitching goal:

My pitching goal ladder:

- 5
- 4
- 3
- 2
- 1

My full-swing goal:

My full-swing goal ladder:

- 5
- 4
- 3
- 2
- 1

My healthy habit goal:

My healthy habit goal ladder:

- 5
- 4
- 3
- 2
- 1