



Coach Leslie's BIRDIE Lesson Guide - S.T.A.R.

HEALTHY HABIT

In tracking your physical Healthy Habits of Energy, Play and Safety, think of one area which you would like to improve.

Write down two things challenging you in this area. Write down how STAR could help you with these challenges

WARM UP

Begin warm up with easy marching. After 60 seconds begin to run in place for another 60 seconds.

- STOP - Take a deep breath
- THINK- about the muscles you use in golf to swing and walk the course
- ANTICIPATE - what could happen if you do a warm up wrong or don't do it at all?
- Respond - Go through each exercise or stretch by paying attention to what you feel

What challenges you during warm-up? Legs, Arms, Core
Stretch legs, arms, core, neck, wrists. Do 10 squats to strengthen legs, 10 push-ups and 3 planks for strength

ACTIVITY

Putting: Design a few putting holes with objects preventing a straight (one shot opportunity) to get to the hole. Using STAR, think about where you need to place your ball to give you the best chance of making your goal for the hole. Play the holes the second time using a different strategy. Risk verses safety

From under a low hanging tree or obstacle hit ten balls from under the tree using different clubs and different types of shots. Using STAR, plan each shot taking into consideration whether taking a risky (low percentage) shot is worth the consequences

Dealing with Challenges

A challenge is something that makes it harder for you to reach your goal. Use STAR when Facing a Challenge

STAR is a way to make good decisions when you face a challenge

GOLF RULE

Bunkers

Bunkers are one of the five defined areas of the course. Your ball is in a bunker when any part of it touches the sand. Playing from the sand is a challenge.

There are a few things you may not do when your ball is in a bunker. (1) Testing conditions of bunker. (2) Touching the sand around your ball. (3) Making a practice swing that touches the sand. However, you MAY remove loose impediments and movable obstructions

GOLF SKILL

Developing a Pre-shot routine

A preshot routine should be brief (20 secs or less)
Focus on the present
Using STAR as a guide, consider the main steps in your preshot routine

Post Shot routine

Using the Four R's to remain neutral to undesirable process/outcomes
Replay, Relax, Ready, Redo

THINGS TO THINK ABOUT

What type of challenges do you face on the golf course?
What type of challenges do you create on the golf course?

- S - STOP - take a deep breath
 - T - Think - of all your choices
 - A - Anticipate what could happen, good or bad, as a result of choice
 - R - Respond by selecting the best choice of what to do
- Try this before posting something to social media or sending email

"This challenge is an opportunity to learn something"!