



Coach Leslie's BIRDIE Lesson Guide - Week 1

Dreams and Goals

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

HEALTHY HABIT

We will continue to explore PLAY, ENERGY and SAFETY

Play enhances 5 fitness areas that will help you improve at golf

Do I want or need to improve

Strength, Flexibility, Agility, Balance, Object control

GOLF RULE

Rule 4b - Maximum of 14 Clubs

Explore the best 14 clubs for you

While experimenting with various clubs to determine distances you are able to make them go, you may not need to carry all fourteen clubs

WARM UP

1. March in place for 1 minute
2. Stretch with arms crossed and slowly rotate your core
3. Toe touch/count to 8 breathe, go lower when exhaling
4. Plank and count how long you can do this
5. Balance on 1 foot while tossing a ball and catching it

GOLF SKILL

Distance Control

Being able to hit the ball different distances is important to your playing success and is influenced by the size or length of motion or the club you select

ACTIVITY

Establish three different targets to hit

1. Using 1 club change the size or length of motion to hit each one
2. Select different clubs and hit the targets changing the size and length of swing (3/4 swing, 1/2 swing, 1/4 swing)
3. After 2 attempts with chosen club, record how close you were to target
4. Chipping target range (5-30 yds), Pitching (30-100 yds), Full Swing (100+ yds)

THINGS TO THINK ABOUT

Making your dreams come true

"A goal is a dream you work hard to make come true"

1. What is a goal?
2. Why are goals important?
3. The dreams you have for golf may become reality when you set goals to develop your golf skills