



Coach Leslie's BIRDIE Lesson Guide - Week 2

### Setting Goals that are Positive

It is easier to reach a goal that is stated positively

Stating what you WANT to happen in positive terms is important if you have dreams of being a good golfer

### HEALTHY HABIT

#### MIND

Understanding how you think and being aware of your emotional response in different situations aligns with the healthy habit of Mind

When pursuing your dreams and goals, what you think can help build confidence, maintain balance and gain a perspective

### GOLF RULE

#### Rule 13.1c (1)

May I remove sand and/or soil on the putting green?

Yes, but if you remove it from anywhere else on the course, you may not improve conditions affecting your next stroke.

### WARM UP

1. March in place for 1 minute
2. Stretch arms across chest and count to 8
3. Repeat with other arm
4. Facing a wall, push with both hands feeling the stretch in the backs of your leg - count to 8
5. Plank and count
6. Balance on 1 foot while tossing a ball and catching it

### GOLF SKILL

#### Get Ready to Swing

Having confidence in your ability to get ready to swing starts with practice and self-exploration

1. Set-up: Stance, Posture, Ball position
2. Aim & Alignment: Club Face (square, Open, Closed), Body: Parallel to target, Open, Closed
3. Mind: Positive or Negative
4. Note + or - for positive or negative

### ACTIVITY

1. Having a positive attitude and making sure your golf goals are stated positively will help you prepare for Birdie certification.
2. Complete a 9-hole putting course with a maximum score of 23
3. Complete a 6-hole short game course with a maximum score of 21
4. Engage in "purposeful play" for both activities alone or with a partner. Be sure to state your goals positively
5. Set your goal and keep score

### THINGS TO THINK ABOUT

1. Think about the most negative or self-defeating thoughts you have before you play a round or hit a shot
2. How do negative thoughts influence how you feel?