



Coach Leslie's BIRDIE Lesson Guide - Week 3

Setting Goals that are important you you

If a goal is important to you

- 1. You will work hard to reach it**
- 2. You will feel proud when you reach the goal**

HEALTHY HABIT

Physical Healthy Habits of

- 1. Energy-
- 2. Play-
- 3. Safety-

What do each of them mean to you?
Set a goal for each one that is important to you.

GOLF RULE

Rule 6.3b(1)

When can I drop using a different golf ball?

You may use a different golf ball any time you are proceeding under a relief Rule. The only time you may not switch golf balls is when you are replacing your ball on a spot (a marked ball on the green or have lifted your ball on the course because it interfered with another player's play.

WARM UP

- 1. March in place for one minute**
 - 2. Lower yourself to the floor or ground, keeping your back straight and legs straight out in front. Bend as far as you can reaching toward your toes - hold for 8 count. Relax then repeat**
 - 3. With a straight back, cross your right elbow to your left knee count to 8 then repeat on the other side. Do this three times**
 - 4. Lie with your back on the ground, feet flat on the floor, knees bent. Keeping a straight back, crunch up looking at the ceiling or sky. Count to 8 and repeat 3 times.**
- Improves posture!**

GOLF SKILL

Aim, Distance, Get ready to swing, Balance, Ball Contact, Swing Rhythm

- 1. Putting-
- 2. Chipping-
- 3. Pitching-
- 4. Full Swing-
- 5. On-Course strategies-

ACTIVITY

Select a Golf Skill and type of shot that is important to you.

Choose a target for the type of shot you choose.
Hit 10 shots to your target
what is the most important for you to practice to help reach your goal?

Record a + or - or = if this helped you reach your goal.

Move to the next important golf skill/shot and repeat.

THINGS TO THINK ABOUT

- 1. Am I setting this goal just because someone wants me to?
- 2. Do I want to work hard to reach it?

Think about a goal you really wanted to accomplish in golf and worked hard to reach it
Why is it important to you?

Now, think about a goal that was not important to you but you tried to accomplish because someone asked you to work toward the goal.
How hard did you work at this? Why wasn't the goal important to you?