



Coach Leslie's BIRDIE Lesson Guide - Week 3B

Setting Goals that are Under your Control

Reaching a goal depends on what you can and will do.

not on luck or what somebody else does.

HEALTHY HABIT

Are the healthy habits I choose always under my control?

Name three things that you can control

- 1
- 2
- 3

Name three things that may be out of your control?

- 1
- 2
- 3

GOLF RULE

Respecting the Rules

Identify the Rule of Golf for hitting a ball into a Penalty Area (Red stakes and/or lines)

List three options, under penalty of one stroke, for playing your next shot.

Rule #:

- 1.
- 2.
- 3.

Name option you have without taking a penalty stroke:

WARM UP

A. Dive into a pool and swim 20 laps

B. Bike 15 miles (don't forget your helmet)

C. Lift weight using dumbbells

D. Hang upside down from a bar for 1 minute

Is this warm up in your control? What could you do instead that will work similar muscles that are in your control.

GOLF SKILL

Swinging Clubs within my control

Experiment with each club in your bag and determine which clubs are the easiest for you to control. Why? Which clubs are more difficult to control? Why?

What can you do to control the more difficult clubs?

What golf skill would work best to accomplish this?

ACTIVITY

What is in my control?

Check your attitude before starting

What is not in my control?

how others are playing

Knock-Out - Chip onto the green toward a target - farthest away goes first and aims to hit another ball.

THINGS TO THINK ABOUT

I want to practice at the range every day. Ask: How will I get there? Is anything else going on? What is the weather like?

I'm playing 18 holes golf three times a week and breaking 100 each time. Ask: Can I afford that? How will I get there? Is breaking 100 3 time reachable for me?