



Coach Leslie's BIRDIE Lesson Guide - Week 4

Setting Goals that are Specific

Helps you determine what you have to do in measurable terms to reach your goal

A goal that is specific is exact and you will be able to measure it to know when you have reached it

HEALTHY HABIT

Specific Goals for Healthy Habits
Make these general statements specific

1. I want to be in better shape
2. I want to hit the ball farther
3. I want to eat healthier foods
4. I want to protect myself from the sun
5. I want to walk faster to keep up with the field

GOLF RULE

Rule 18.2

Ball Lost or Out of Bounds

Stroke-and-Distance Relief Must Be Taken

1. Lost Ball - The status of a ball that is not found in three minutes after you or your caddie (or your partner) begin to search for it.
2. Wrong Ball - Another Player's ball in play, a stray ball, and your own ball that is out of bounds, has become lost or has been lifted and not yet put back in play.

WARM UP

1. Hop on one foot then the other (30 sec each)
2. Toss a ball as you would swing a club, with feet together. Next, do this again with your feet under your shoulders, Last time, widen your stance and toss the ball. Which stance sent the ball farther, straighter? How was your balance for each toss and were you able to hold your finish?
- 3 Wrist stretch both wrists
4. 10 Toe touches

GOLF SKILL

Balance

A balanced start is when a percentage of weight on the target-side shoe is at approximately 50/50 to 60/40 for each shot.

While chipping, be able to hold a balanced finish until the ball stops rolling.

Pitch shots: hold finish until ball touches the ground

Full Swing: Hold finish. If you can't, you've lost balance
SLOW DOWN and SHORTEN YOUR SWING

ACTIVITY

Specific Goals for putting and practice

1. Make 10 putting attempts at a distance of 20 feet from 10 different locations on the green. Goal is to hole out in two putts or less. start in balance (weight on feet)
2. Take a deep breath prior to making a stroke at least 4 out of 5 times while playing a ladder putting drill
3. Chip 7 out of 10 balls from the fringe within eight feet of the hole while holding a balanced finish until ball stops.
4. Playing 10 shots, while selecting a different target and different club for each shot; Hold a balanced finish until the ball first touches the ground on each shot.

THINGS TO THINK ABOUT

1. Are your golf related goals specific?

Putting Goal
Chipping Goal
Pitching Goal
Full-Swing Goal
On-Course Strategies

Think about how being specific helps you know when you have achieved your goals for each skill..

How does a balanced start and finish help you reach your goals?