



Coach Leslie's BIRDIE Lesson Guide - Week 5

HEALTHY HABIT

Mind

Establishing a process goal for your round helps focus your attention on what you need to do to execute each shot and commit to the Process.

Play a round for score and rate your level of commitment (1 not committed; 5 = totally committed) to your process goals on each shot

How often did your focus shift from the process to outcome?

Process are the things we do to get ready

Goal Setting Continuum

The three types of goals fall along a range

1. Outcome Goals: The end result of what you want

2. Process Goals: Focus on skills, behaviors, techniques

3. Performance Goals: Identify personal bests

GOLF RULE

Do you know that you do not get relief from objects that define or mark the course boundary? You may not move objects marking course boundaries or take free relief from them like you would from other artificial objects, like a cart path, a building, or a stake marking a penalty area. Your options are to play your ball as it lies, proceed under penalty of stroke and distance by playing again from the spot of your last stroke (rule 18.1) or decide your ball is unplayable (rule 19.1)

WARM UP

Our warm up is part of the process to aid in our performance and to reach our outcome

If we are injured, it will effect our performance, consequently delaying accomplishing our Outcome

- 1. Deep breathing: 8 reps**
- 2. Neck stretches: look down (chin to chest) count 8**
Look up-count 8; look over your right shoulder, hold, Look over your left shoulder, hold. Do not rush!
- 3. 10 arm circles-forward, 10 arm circles-backward**
- 4. Hip Flexer Stretch: Sit on floor or ground, back straight, bottoms of feet together. Gently pull knees to floor.**

GOLF SKILL

Part of the "Process" is practicing and paying attention to various golf skills and and how they affect your "Performance" (under your control)

Putting: Centerdness of hit/Balanced Finish

Chipping: Clubface direction at contact/Balanced start

Pitching: Centerdness of hit/Balanced start & finish

Full-Swing: Clubface direction at contact/Balanced finish and start

ACTIVITY

Based on your process and performance goals, design four practice activities that will enable you to focus on each golf skill and build your confidence to execute those golf skills.

Putting Activity:

Chipping Activity:

Pitching Activity:

Full-Swing Activity:

How much time will you practice process goals per week

THINGS TO THINK ABOUT

Am I focused on my process prior to each shot or am I going through my process without thinking about what I am doing? Did I complete all the steps in my process to produce my desired Performance Goal?

This can be challenging especially when we are concerned with pace of play.

Don't forget your Outcome Goals (these aren't totally under our control) Think of outcomes other than your final score. For example, You may want your outcome goal to finish playing 9-holes in an hour and a half. What is your process/performance to accomplish this? Is this completely in your control?