



Coach Leslie's BIRDIE Lesson Guide - Week 6

HEALTHY HABIT

Community: A group of people who have things in common

Not only can you take steps to achieve your goals, you can take steps to give back to your chapter. Talk to people at your chapter to identify things you can do to improve the health of your chapter. What do you think a healthy chapter looks like? Build a ladder using the steps to create a healthy community at your chapter.

WARM UP

Lets use our ladder to design our warm up before we start. Remember, the easiest step should be first. Lets slowly warm up, focusing on various parts of our bodies. First step is to just get moving (march, walk) Step two: stretch arms, legs, core, neck. Step three: Strengthen core with crunches and planks, legs and hips with leg raises, arms with push-ups. Step four: Finish with a one minute cardio blast. Set your goal to keep going for the entire minute. Once accomplished, add more time to see how long you can go.

ACTIVITY

When creating your goal ladder, remember to put the easiest steps to achieve your goal on the bottom (or the first thing you do) This might be Asking for help on how to do something, like what type of hold, set up, aim or alignment. Next step might be to set a practice schedule with specific goals (time,amount, etc). Once that goal is reached, make the drill more difficult by adding different clubs to your drill.

Set up goal ladders for practice for each type of shot (include a goal for having fun) and get to work accomplishing those goals!

Getting to Your Goal

To reach your goal, you need a plan.

Think of a plan as a ladder.

You put the easiest steps at the bottom of the ladder and harder ones toward the top.

GOLF RULE

General Area of the Golf Course
Fairways and Rough

Most of your shots during a round will be made from the fairway or rough. The general area includes everywhere on the course except bunkers, penalty areas, teeing area and putting green of the hole you are playing. You will normally play your ball as it lies, but you get FREE RELIEF for an embedded ball or interference by abnormal course conditions (temp H2O). Learn how to take free relief from abnormal course conditions. Look it up on USGA Rules of Golf

GOLF SKILL

Swing Rhythm/Tempo

To me, this is an important Golf Fundamental. Typically when we take our practice swings, we have a very nice tempo, however when we step up to hit the ball we tend to go into "attack mode" trying to smack the ball rather than swing the club. Swing rhythm is important for ALL shots: Putting, Chipping,,Pitching and Full Swing. Sing a song or repeat a phrase like "Tick Tock", "Easy Peasy". Find the phrase that fits the swing size, 1/4, 1/2 3/4 swings. Close your eyes and swing using your phrase. Feel it then repeat it when you swing at the ball

THINGS TO THINK ABOUT

Think about climbing each step one at a time until you reach your goal. A Goal Ladder lets you see how far you have come and how far you have to go.

Think about the areas of your body that will help you reach your physical goals. What areas are important to you to strengthen or create flexibility.