

On Your Mark, Get Set, Goals!

Overview

A goal is something that you want to do, be, or have, but it's not something you can do, be, or have at this moment. A **goal** is something you must work to get in the future, and you can apply that same effort to any challenge in life

Activities

Introduction (10 minutes): Have students model stance, grip, and different swings. Review lesson from previous day and introduce core lesson

Putting (8 minutes): Continue to putt on mats with real clubs and real balls with addition of eyeline circles to serve as a guide for a par on the hole (i.e. your goal is to take 1 putt to get it into the circle). Players should putt with a partner. Focus on goals and review honesty as they keep score on the hole.

Chipping (8 minutes): Chip to inflatable target with SNAG club and foam balls. Add additional

targets and allow players to choose target or goal. Ask kids what their goal is for their turn (both target and success rate)

Full Swing (8 minutes): Continue full swings with real clubs and foam balls. Have students make a goal for their turn.

Wrap Up (10 minutes): Review lessons from the week. Go over information on back of nametags and mention future opportunities with First Tee. Complete daily behavior assessment and coach survey

Coaching Tips

- Coaches can help players set goals by asking open-ended questions.
- Balance process and outcome feedback

Guiding Questions

1. Why is it important to set goals and work towards achieving them?

2. What can you learn from accomplishing a goal?
3. What can you learn from failing to accomplish a goal?
4. Why is the process of pursuing your goals most important? What can you learn from that?

Key Words

Goal

Perseverance

FAIL

Confidence

Lesson Length: 45 minutes; X3 Groups

Key Commitment: Pursuing Goals

Number of kids: 24-36 max per group

Age range: Kindergarten – 5th grade

Partner organization: Boys and Girls Club of Southeast Georgia

Putting

Activity: Set up 1 putting station on each putting mat. Put a red and yellow eyeline circle around the hole. Have players putt to the hole against a partner acknowledging the goal of the initial putt is to land in the red circle. Use real clubs and real balls

Emphasis on a goal for each shot

Players can demonstrate pursuing goals by:

- Understanding the goal of an initial putt
- Learning from their mistakes to improve performance

Chipping

Activity: Set up BirdieBall Shark, additional targets, 4-6 hitting stations, and safety circles. Each player should hit all 5 balls in their basket. Players should only collect their balls once all of their players have hit. Ask each player to make a goal for their turn (i.e. I want to make 2/5 of these shots into the small red target.) Have them adjust their goal as necessary

Emphasis on smart goal setting

Players can demonstrate pursuing goals by:

- setting a goal for their shots
- adjusting their goal to fit their optimal challenge
- continue to work at their goal and persevere

Full Swings

Activity: Set up 4-6 hitting nets, hitting zones, and safety areas. Players should hit all 5 balls and reset their station before switching with their partner. Players should be hitting real clubs and hard foam balls. Focus on the players golf goal outside of First Tee (do they want to continue to play, do they want to improve, etc.)

Emphasis on future goals

Players can demonstrate pursuing goals by:

- reflecting on their progress over the 3 days
- setting future goals for First Tee