

## Finding Your Personal Par

### Key Commitment- Building Positive Self-Identity

- I am finding my self-confidence
- I am discovering what I am capable of
- I feel safe to be myself

### Overview

The word **capable** means that you have the skill or power needed to accomplish something. **Personal Par** is a measure of how *you* usually perform in golf, at home or at school. The performance varies from one player to another, and it is based on each person's current abilities. As you discover what you are capable of, your confidence will grow. You'll believe in yourself, trust in yourself, and feel empowered to face new challenges head on!

### Coaching Tips/Seamless Integration

- Introduce the concept of par in order to relate it to the idea of personal par
- Emphasize that personal par is just that, it's personal. Each person will have their own measurement
- Should connect personal par with the key commitment. They are discovering what they are capable of everyday.

### Life Skill Concept/Character

#### Behaviors:

- Personal Par

#### Golf Skill

- Club face awareness- clubface direction at impact is where players being to merge the ideas of get ready to swing and target awareness

#### Activities

##### Intro and Warm Up (10 Minutes):

- Quick introduction of the lesson/key concepts
- Stretches, ball toss

**Activity 1 (25 minutes):** [Ladder Chipping](#)

**Activity 2 (25 minutes):** Range

**Activity 3 (25 minutes):** [PolySpot Putting](#)

**Wrap Up (5 minutes):** Recap lesson and bridge key commitment to life

### Guiding Questions

1. How will you use personal par while playing golf?
2. How can you use personal par away from the golf course, at home, or at school?
3. What does it mean to be confident
4. How can you grow your self-confidence?

**Lesson Length:** 90 minutes

**Number of Kids:** 8

**Key Commitment:** Building Positive Self-Identity

**Golf Skill(s):** All

**Golf Fundamental:**

Clubface Awareness- clubface direction at contact

### Key Terms

Capable  
Personal Par  
Confidence