

# Getting to Your Goal: Take Ownership over Goal Achievement

Key Commitment-Pursuing Goals

- I am excited to grow and learn.
- I am not afraid to fail.
- I am learning from both my achievements and setbacks.

## **Overview**

At First Tee, **Pursuing Goals** is a Key Commitment. We know that through the process of setting goals and working toward them, you will learn about yourself and what you're capable of. But why do we set goals? Goals help you measure your growth, allows you to take ownership of your learning and growth, helps you stay motivated, and challenges and teaches you.

# **Three Types of Goals**

- Outcome Goals: the end-product of what you want to achieve
- Performance Goals: something you can improve, physically or mentally, to reach your ultimate goal
- 3. **Process Goals:** Literally, what you are doing to improve your performance

# **Coaching Tip**

 Remind participants that goal-setting is a continuous process that requires time, intention, and reflection.

### **Golf Skill**

- Target awareness and distance response can be united through distance to target, reaction to target, and club selection
- To extend this lesson, you can combine target awareness or distance response with different golf fundamentals such as swing rhythm or body balance using reaction to target, variable amounts of speed or energy, swing sequence, and balance during the swing

### **Activities**

Intro and Warm Up (10 Minutes):

Activity 1 (25 minutes): Battleship Chipping
Activity 2 (25 minutes): Lollipop Putting

Activity 3 (25 minutes): Range

Wrap Up (5 minutes)

# **Guiding Questions**

- 1. Why do we set goals?
- 2. What is the difference between process, performance, and outcome goals?
- 3. What can you learn from the process of setting and working toward your goals?
- 4. What have you learned from your FAILs (First Attempts In Learning)?
- 5. What are some on-course strategies you learned today?

Lesson Length: 90 minutes Number of Kids: 8 Key Commitment: Pursuing Goals Golf Skill(s): chipping, putting, and full swings Golf Fundamental: Target Awareness and Distance Response



Loose Impediments
Lie
Natural Forces
Ready Golf
Order of Play