first tee
golden isles

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

1. **Outcome Goals:** the end-product of what you want to achieve
2. **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 (**F**irst **A**ttempts **I**n **L**earning)?
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

Key Terms
- Loose Impediments
- Lie
- Natural Forces
- Ready Golf
- Order of Play

Ages 14+