

Dreams & Goals

Key Commitment #14- 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

Goals are a strategy that you can use in life to help you work toward achieving your dreams. There are short-term goals – goals that do not take a long time to accomplish, but help you take small steps and build your confidence. And there are long-term goals – goals that are not accomplished right away and require many short-term goals and steps to reach them. With motivation and hard work, as well as patience and persistence, you will grow and learn along the way from. **Pursuing Goals** from both the things you accomplish and achieve as well as from your setbacks and failures.

Coaching Tips/Seamless Integration

- Support participants in understanding that goal-setting is one of life's most important skills.
- Help participants identify personal goals and develop strategies for reaching their goals by first identifying their dreams.
- Share with the participants that those who have the ability to set and pursue their own goals have a greater sense of purpose, direction, and motivation in their lives.

Life Skill Concept/Character

Behaviors:

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Golf Skill

- Distance Response/
Size of Length of Motion
 - Players work individually to explore distance as it relates to club selection.
 - Players will use their best judgment to select their own landing zone for the best outcome

Activities

Intro and Warm Up (10 Minutes):

Activity 1 (25 minutes): [Poly Spot Putting](#)

Activity 2 (25 minutes): [Ladder Chipping](#)

Activity 3 (25 minutes): Range

Wrap Up (5 minutes)

Guiding Questions

1. What is the difference between a dream and a goal?
2. Why are goals important to have?
3. What can you do today to start making your dream a reality?
4. What kind of goals do you have in golf? At home or school?

Lesson Length: 90 minutes

Number of Kids: 7-8

Key Commitment: Pursuing Goals

Golf Skill(s): Putting, Chipping, & Full Swing

Golf Fundamental:

-Distance Response, Body Balance, & Club Selection

Key Terms

Dream
Wish
Goals
Short-Term Goal
Long-Term Goal