



**LIFE SKILLS EXPERIENCE of The First Tee Pine Mountain 2020**  
**Implementation of Golf Skills Curriculum and Nine Healthy Habits**  
**COVID 19 (Modified Programming) June 2020**  
**Ages 7 – 11 practices with a family member/guardian**

Date: WEEK 5 Time for Session: 2 hrs. Core Lesson (# and Title): BIRDIE

- #16 Dreams and Goals (REVIEW)
- #17 Setting goals that are positive & important to you
- #18 Setting goals that are specific & under your control
- #19 Setting different types of goals
- #20 Getting to your goal
- #21 Dealing with challenges STAR Certification Progress

**Golf Skill Category:** PUTT / CHIP / PITCH / FULL SWING / On Course  
**9 Golf Fundamentals:** Distance-control / Target Awareness / Get Ready to Swing / Body Balance / Clubface and Ball Contact / Swing Rhythm / Preshot and Postshot Routines / Ball Flight / Playing On-course  
**9 Healthy Habits:** Energy / Play / Safety / Vision / Mind / Family / Friends / School / Community

Objective(s) for Life Skills: Understand a “Goal Ladder” to help you steadily progress to your goals

Objective(s) for Golf Skills: I will learn the best Pre-Shot and Goal Ladder for my golf swing and putting.

Time	Three Elements of Life Skills Experience Lesson Plan
5 min.	<b>1. Warm-up</b> (Include *rapport-building, *mental & physical activity, and *safety.) HOGAN DRILL Hogan Drill
30 min	<b>“Get a Plan &amp; Be the Man/Woman”</b> <b>Definition of “Pre-shot”</b> <b>Range Session with a routine</b> Pre-Shot Practice with the BIRDIE BALLS. (20 Minutes) Borrow 6 Birdie Balls from the Golf Shop Return when your finished
15 min	<ul style="list-style-type: none"> <li>• “Move the TEE Drill on pitch and full swing</li> <li>• How do you find your pre-shot plan?</li> <li>• What ways can we show a goal ladder on the course? In Life?</li> <li>• What happens when we operate with no plan or no goals?</li> <li>• Describe an example of a goal ladder in golf, in life.</li> </ul>
5 min	<b>Putt 9 holes with a routine (your way = # of practice swings, glances to hole)</b> <b>3. Wrap-up</b> (*Inquire about general experiences, *check for learning and *bridge to golf & life.) <ul style="list-style-type: none"> <li>• Give examples of integrity at home, school, golf course</li> <li>• How can “goal ladders” be applied at home, school, golf course?</li> <li>• What are rules of life? Are they needed in society? Why do we have golf rules?</li> </ul>