



CORE LESSON 20: GETTING TO YOUR GOAL

PLAYers have worked on formulating goals that are (1) Positive, (2) Important to them, (3) Specific and (4) Under their Control. They also increased their controllability and flexibility in reaching their reachable goals and dreams by setting process and performance goals. To reach their goals, they need a plan of action that incorporates different types of goals. PLAYers are told to think of a plan as a series of steps. Using the analogy of a ladder, they are shown how to construct a **Goal Ladder** that will help them climb toward their goals. Along with other games and activities, PLAYers then work on a goal ladder for the putting goal created in previous core lessons.

GENERAL LEARNER OBJECTIVES

After completing multiple classes on Core Lesson 20, Birdie-level PLAYers should be able to:

- Understand how a plan can help them achieve a goal
- Explain a goal ladder
- Construct a goal ladder for a golf goal
- Develop and engage in purposeful practice that is structured around the steps on their goal ladder
- Experience and understand the importance of swing rhythm, explore different swing rhythms and develop their swing rhythm when playing golf
- Understand that utilizing a goal ladder can be applied to situations away from The First Tee
- Develop a goal ladder for a situation away from The First Tee; share with coaches and other PLAYers in follow-up classes on this core lesson
- Demonstrate and exhibit the physical healthy habits of energy, play and safety

LIFE SKILL CATEGORIES ADDRESSED

- Self-management
- Goal-setting

SPECIFIC LIFE SKILL STRATEGIES DEVELOPED THROUGH THIS CORE LESSON

- Four Guidelines for Setting a Reachable Goal
- Different Types of Goals
- Goal Ladder

SUGGESTED BIRDIE PROGRESSION FOR GOLF SKILL CATEGORIES AND GOLF FUNDAMENTAL



- Swing rhythm (for putt, chip, pitch, full-swing)

COACHES' SEAMLESS DELIVERY TIP



EXAMPLE Coaches help PLAYers in the development of self-management and goal-setting skills by integrating Birdie Core Lesson 20 (Getting to Your Goal) with the golf skill categories—putt, chip, pitch and/or full-swing; and golf fundamental—swing rhythm. In this example, coaches create games that require PLAYers to integrate swing tempo with understanding and building steps in their goal ladder. Coaches could connect the idea that swing rhythm—and more specifically, the overall swing tempo—of each PLAYER is unique, just as the steps on each of their goal ladders are unique.



Bridge to Golf & Life by asking questions such as: *Do you think all PLAYers should have the same overall swing tempo? Why or why not? Do you think all PLAYers should have the same steps on their goal ladders? Why or why not? How does having different goals change the amount of time it might take to reach them? Ask PLAYers to explain how—if they have different goals—they still use a goal ladder. What does a golf goal ladder look like compared to a goal ladder for something outside of golf? What are some goals other members of your family might have? We share responsibilities within our families, but just like our swing tempo, we do not all do things at the same pace. If someone does something at a different pace then you would, what might that cause? How can you demonstrate respect for others in our families who do things at the same tempo or pace?*

LIFE SKILL CORE ACTIVITIES

During the first class on Core Lesson 20, incorporate A Plan to Reach Your Goal into the warm-up to mentally engage PLAYers to examine steps on their goal ladder. During each class on Core Lesson 20, deliver at least one core activity below seamlessly with a golf skill. (See previously suggested Birdie progression in the Golf Skills section of this guide for more information.)

Depending upon time available per class and the total number of classes, coaches may save some activities for subsequent classes. Coaches are encouraged to deliver each core activity and, as they gain experience, develop additional activities for their PLAYers.



Go to the members' side of **www.thefirsttee.org** to find downloadable PDFs from the Birdie Yardage Book.

Life Skill Core Activity 20.1: Looking at a Goal Ladder

Go over the example goal ladder for a golf goal in the Yardage Book; then, have PLAYers correct the step that is out of sequence.

Life Skill Core Activity 20.2: Building Goal Ladders

PLAYers suggest possible steps for a putting goal and create a goal ladder for their own putting goal.

Life Skill Core Activity 20.3: Working on the Steps for Putting Goal

PLAYers are given time to work on the steps of their putting goal ladder.

Life Skill Core Activity 20.4: Goal Ladder for Your Golf Goal

PLAYers construct a goal ladder for their golf goal and work on the steps of their goal ladder.

Life Skill Core Activity 20.5: Goal Ladder for Having Fun While Playing Golf

PLAYers construct a goal ladder for their previously stated goal for Having Fun While Playing Golf.

Life Skill Core Activity 20.6: Goal Ladder for Home, School or Community

PLAYers construct a goal ladder for away from The First Tee.

CORE LESSON 20 INTRODUCTION: A PLAN TO REACH YOUR GOAL

Supplies needed: The First Tee Birdie Yardage Books, pencils

1. Ask for volunteers to state the Four Guidelines for Setting a Reachable Goal.
2. As a review of the goal-setting process and as a transition to the topic of goal ladders, share a personal story about a dream you had that led you to set and pursue goals. Be sure to include:

- The goals you set in order to realize your dream
- How you reached a particular goal by mapping out a plan and setting process and performance goals
- How that plan consisted of a number of steps
- How you worked on each step to reach your goal

As an alternative, you could share a story about another young person you know; a high school, college or professional athlete; or famous person from any walk of life who had a plan for reaching a significant life goal.

3. Point out the value of planning and explain the concept of a goal ladder. Refer them to their Yardage Book, which makes several key points about planning and goal ladders.
4. Share with PLAYers that a plan is a series of steps that lead them to their goal. Their goal is at the top, and they have to climb each rung one step at a time until they reach their goal. PLAYers begin at the bottom with the easiest, most basic or logical step and progress to more difficult steps as they move up the ladder. Some ladders may be short; others may be long with many steps to climb. A goal ladder allows you to look back to see what progress you have made and to look ahead to see how far you need to go to reach your goal.

LIFE SKILLS CORE ACTIVITY 20.1: Looking at a Goal Ladder

Supplies needed: The First Tee Birdie Yardage Books, pencils

1. Direct the group to their Yardage Book which shows an example of a goal ladder for a pitching goal.
2. Remind them that the steps should progress from easiest (on the bottom) to more difficult (toward the top).
3. Point out that one of the steps in the example is out of order. Ask them to see if they can figure out which one it is. After a minute, ask for a volunteer to give you the answer. Then, have everyone renumber the steps in proper sequence.
4. The steps in the original and correct order are listed below.
5. In this example, Step 5 is out of order because PLAYers typically start by identifying and practicing their method for hold, set-up, aim and alignment (process), prior to focusing more on the outcomes (where the ball finishes).

CORRECT ORDER	ORIGINAL ORDER	STEPS ON THE GOAL LADDER
2	5	Practice my method for hold, set-up, aim and alignment.
5	4	Hit 3 out of 5 pitch shots onto the green.
4	3	Practice hitting my pitch shots onto the green.
3	2	Practice hitting my pitch shots high with three different clubs.
1	1	Ask for help on how to hit a pitch shot.

6. **Respecting the Rules** – Coaches identify a rule PLAYers will focus on during each class.
7. Whether playing golf or away from The First Tee, PLAYers should be encouraged to explore the health of their community. What does it mean to have a healthy community? Have PLAYers turn to Social Healthy Habit – Community in their Yardage Book. Have PLAYers identify steps they can take to improve the health of their community.

LIFE SKILL CORE ACTIVITY 20.2: Building Goal Ladders

Supplies needed: The First Tee Birdie Yardage Books, pencils, whiteboard or easel chart (optional)

1. Gather the group around a practice putting green. Explain how to create a goal ladder for the putting goal that PLAYers worked on in earlier lessons.
2. Help PLAYers build a goal ladder for their putting goals by identifying possible steps to be taken to achieve the goal of: After two months, I want to two-putt seven out of 10 times when I practice.

What steps could help you reach this goal?

3. Ask for volunteers to suggest possible steps for achieving this goal in two months. Gather responses from PLAYers. If you have a whiteboard or easel chart available, write down their responses in any order.

Some possible steps could include (these are not in order):

- Make sure you set-up properly before each putt.
 - Get advice from a coach on how to putt.
 - Two-putt 3 out of 10 times.
 - Two-putt 4 out of 10 times.
 - Use the 4Rs to stay cool and do better.
 - Practice for at least one hour, three times a week.
4. Once PLAYers have an idea of typical putting goal steps, have them create a goal ladder for the putting goal they developed in earlier lessons and wrote in their Yardage Book. Details will vary for each participant. Check PLAYers' work and provide help as needed.
 5. Once PLAYers complete their putting goal ladder, have them create a goal ladder for chipping, pitching and full-swing, as well as a goal ladder for a healthy habit of their choosing.
 6. If time allows, as PLAYers finish, have volunteers read the steps in their ladders. Point out that everyone's ladder does not have to be the same. As an alternative, as PLAYers finish, send them to the practice area to start the next activity.



LIFE SKILL CORE ACTIVITY 20.3: Working on the Steps for Putting Goal

Supplies needed: Putters, balls

1. This activity is a continuation of Life Skill Core Activity 20.2. The purpose of this activity is to provide PLAYers with time to work on one or more of the steps in the goal ladder for their putting goal they wrote in their Yardage Book.
2. Have PLAYers work on one or more of the steps in their putting goal ladders, starting with the lower rungs. Ask PLAYers to write two process and two performance goals for each step on their goal ladder. Because PLAYers will have different ladders and goals, you may have to provide some individual coaching and purposeful play and practice activities.
3. Coaches and volunteers should be available to answer questions and provide help to those who need it.
4. For advanced PLAYers, assist them in developing their own methods of purposeful practice that will help them achieve one or more steps in their putting goal ladders.