



FIRST TEE GREATER SAN ANTONIO BIRDIE LESSON GUIDE

Hello everyone!

Welcome to the Online First Tee Lesson Guide! We have created this Fun and Activity filled guide for you to complete during your time home! Below is the overview of what you will be learning throughout this section. Tag us or post all of the fun videos and pictures you take during the activities to our First Tee Greater San Antonio Facebook page (@firstteesa)!

We look forward to seeing everyone soon! If you have any questions contact Coach Johany at johany@golfsanantonio.org

Overview:

- 1) DREAMS AND GOALS
- 2) SETTING GOALS
- 3) GETTING TO YOUR GOALS
- 4) DEALING WITH CHALLENGES

DREAMS AND GOALS

Having thoughts or feelings about what you want to accomplish in golf and life begins with a dream

Fill in the blanks below!

My dream for golf is.....

What my dream for golf tells me about my future.....

What others dream(s) do I have for my future....

MAKING YOUR DREAMS COME TRUE

What is a goal?

The object of a person's ambition or effort; an aim or desired result.

Activity:

- Create a Vision Board!
 - A dream board or vision board is a collage of images, pictures, and affirmations of one's dreams and desires, designed to serve as a source of inspiration and motivation
- Put both short term and long term goals on your vision board!
- Share pictures of your vision board to our Facebook, twitter and Instagram! Remember to tag us - @firstteesa!

Setting Goals

The 4 guidelines for setting reachable goals

- 1) Set goals that are stated Positive
- 2) Set goals that are important for you
- 3) Set goals that are specific
- 4) Set goals that are under your control

Whether you are setting goals or thinking about your next shot, these four guidelines will help you create an image of what you WANT to happen.

Generating positive energy and understanding what is important to you will help focus your attention on what to do to make the desired shot reach your goals.

Changing negative goals to positive goals

Change the following three statements from negative goals to positive goals

- 1) “ I don’t want to three putt”
- 2) “ I don’t want to leave this putt short”
- 3) “ My putting has been terrible today”

How to find out if a goal is important to you

Ask yourself these questions:

- 1) Am I setting this goal just because someone else wants me to?
- 2) Do I want to work hard to reach it?

Getting to your Goals

The three different types of goals that fall along a range are:

- 1) **Outcome Goals**- The end product of what you want to achieve. (your dream; results of playing the game)
- 2) **Process Goals**- Focus on improving skills, techniques, behaviors, healthy habits and playing strategies for more favorable outcomes
- 3) **Performance Outcomes**- Identifying personal bests and standards of improvement based on practice and achieving process goals

These three different types of goals work together to help you focus your energy on what you need to do to experience success and develop as a player!

Activity:

Based on the definitions above, identify the type of goal listed below. Put "O" for Outcome, "PR" for Process, and "PF" for Performance.

- 1) I want to shoot 55 for 9-holes by the end of Birdie Level
- 2) I want to practice making 4/5 6-foot putts three days per week next month.
- 3) I want to hit 5/9 fairways during my round
- 4) I will ask my coach for help on my swing tempo for putting and chipping during next class

Dealing with Challenges

A challenge is something that makes it harder for you to reach your goal. You are likely to face challenges as you work on the steps in your goal ladder.

Write 5 challenges you are facing right now:

- 1.
- 2.
- 3.
- 4.
- 5.

Use STAR when facing a challenge

STAR stands for:

S- STOP and take a deep breath

T- THINK of your all your choices

A- ANTICIPATE what could happen (good or bad) as a result of each choice

R- RESPOND by selecting the best choice of what to do

You can use STAR to tackle any challenges that come up while you are working on achieving your goals for golf, home, and school!

Activity:

Write a short essay on how STAR is helping you face the challenge of staying at home!