



#GolfAtHome – Week 5

Birdie Lesson #21 “Dealing with Challenges”

Outdoor Chipping Lesson, Golf Game and Exercise Tip!

Golf Skill: Chipping

Golf Fundamental: Clubface and Ball Contact

Factor of Influence: Clubface Direction at Impact

Core Value: Developing CONFIDENCE

Life Skill: Resilience Skills

Healthy Habit: MIND

Warm Up: MOBILITY and FLEXIBILITY with Neal Hausch from Golf Fitness Plus

Supplies Needed for Golf Skill:

- Golf Balls
- Pitching Wedge
- Basket, Bucket or Golf Net
- Teeing Area Markers
- Safety Zone (If more than one player)

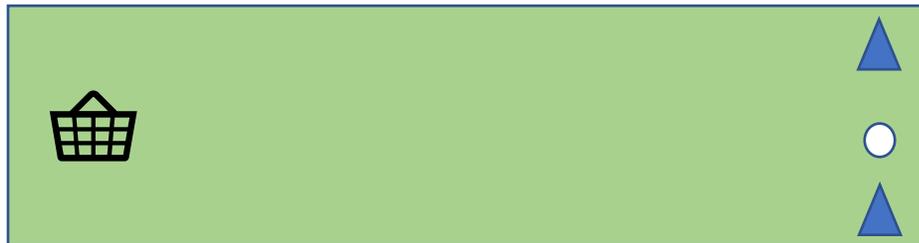
Supplies Needed for Warm Up Activity:

- Nothing

Set Up:

- #1 - Set up a Teeing Area.
- #2 – For your Target, place a basket, bucket or Golf net 10 – 15 yards away from teeing area.
- #3 - Add a Safety Zone 10 feet away from tee area if more than one golfer.

Example of set up:



Target 10 - 15 yards away from the TEEING AREA

Golf Drill:

Part 1:

Chip a Golf ball to the target. After each chip shot, use STAR to review the previous chip shot!

S = STOP

T = THINK

A = ANTICIPATE

R = RESPOND

STOP – Pause for a second, take a deep breath and give your MIND a 5 second break!

THINK – In your MIND, see the result that just happened in the previous chip shot. Was it a good one? What made it good? Was it offline? What could I do to straighten the shot out?

ANTICIPATE - Look ahead to the next chip shot. Think about decisions in your MIND that can have better results for the next chip shot.

RESPOND – After reviewing your best options for better results, choose the best one in your MIND for the next chip shot.

Now Chip 20 Golf balls to your target. After each chip shot, use STAR to breakdown what just happened and what you hope to happen on the next chip shot.

Cue:

Make sure the Golf club brushes the grass through impact to help loft the Golf ball.

Tip:

When chipping the Golf ball, make sure your swing rhythm is the same speed Golf club to stay on the correct path more often.

Definition:

CONFIDENCE = The ability to BELIEVE in your own abilities!

Did you know:

You can use STAR every day when life gives you challenges outside of Golf.

CHALLENGE YOURSELF:

You can increase the distance to the target if you have the room in your backyard or field.

Golf Game #1: "Using STAR to Succeed"

Here is how the game is played with a partner:

1. Player 1 chips one golf ball to the target.
2. Now Player 2 chips one golf ball to the target.
3. Player 1 chips one golf ball to the target.
4. Now Player 2 chips one golf ball to the target.
5. Keep alternating until the first Player chips the Golf ball inside the target.

Here is how the game is played by yourself:

1. Chip 20 golf balls to the target and see how many points you can score.
2. Try this every day this week to see if you can beat your score from the day before.

POINT SYSTEM:

Zero Points = Golf Ball misses target!

One Point = Golf Ball ends up in target!

***This game teaches our kids all the following things: Confidence, Dealing with Challenges, Swing Rhythm, Chipping Tempo and how to use their Minds!**

WRAP UP:

Ask your kids: Did they develop more **CONFIDENCE** during STAR?
How can they use STAR during our Stay at Home time?
Why is important to Deal with Challenges?

SPECIAL NOTE IF YOU DO NOT HAVE GOLF EQUIPMENT AT HOME:

This Golf skill and game can be played without having a golf club or golf ball. Stand at teeing area and throw a ball, or something similar to the target using STAR after each throw to review the results.

Be Kind and Be Safe!

First Tee of Greater Akron Golf & Life Lessons for your Home!