



Car Talk for Birdie Week #4

Today's Core Lesson: Setting Different Types of Goals. There are three types of goals that help you to measure your progress in what you want to accomplish.

- 1. Outcome Goals:** The end result of what you want to achieve. This type of goal could be a long-term goal.
- 2. Process Goals:** These types of goals focus on improving skills, techniques, behaviors, healthy habits, and playing strategies for more favorable outcomes. Process goals can be practice or exercise regimens. They can also be studying and learning strategies.
- 3. Performance Goals:** These types of goals identify personal bests and standards of improvement based on practice and achieving process goals. Your lowest round of golf would be a Performance Goal.

Today's Healthy Habit (s): Safety – Physical safety includes playing in a safe environment and playing by the rules. Players protect their body with proper equipment, warm up, cool down, and by wearing sun protection. Players follow all safety instructions and learn that safety is very important in golf and sports

Friends – Players maintain healthy relationships including surrounding one's self with friends and supportive people while effectively handling challenging situations.

Today's Golf Skills Fundamental: Swing Rhythm / Swing Tempo. Players develop a consistent overall speed of stroke and swing to develop good rhythm in their putting strokes, their pitching, their chipping, and in their full swings. Tempo refers to the overall speed of the swing or stroke. Rhythm refers to the sequencing and smoothness of transitions in the swing or stroke.

Guiding questions and topics for parents to review with their child:

- What was fun/challenging/interesting today at The First Tee?
- What kinds of things did you learn today? About golf? About a core value/core lesson? About a healthy habit?
- How does good swing rhythm and tempo help you play better golf?
- What is the difference between swing rhythm and swing tempo?
- What are the three types of goals that we use to achieve our objectives?
- What is the difference between process goals and performance goals?
- What other areas of your life can you use these three types of goals besides golf?