

First Tee Central Coast's at Home Activity # 5 - Purposeful Play = Target Awareness

Designed by: First Tee Master Coach Billy Gibbs, PGA

Activity Set Up

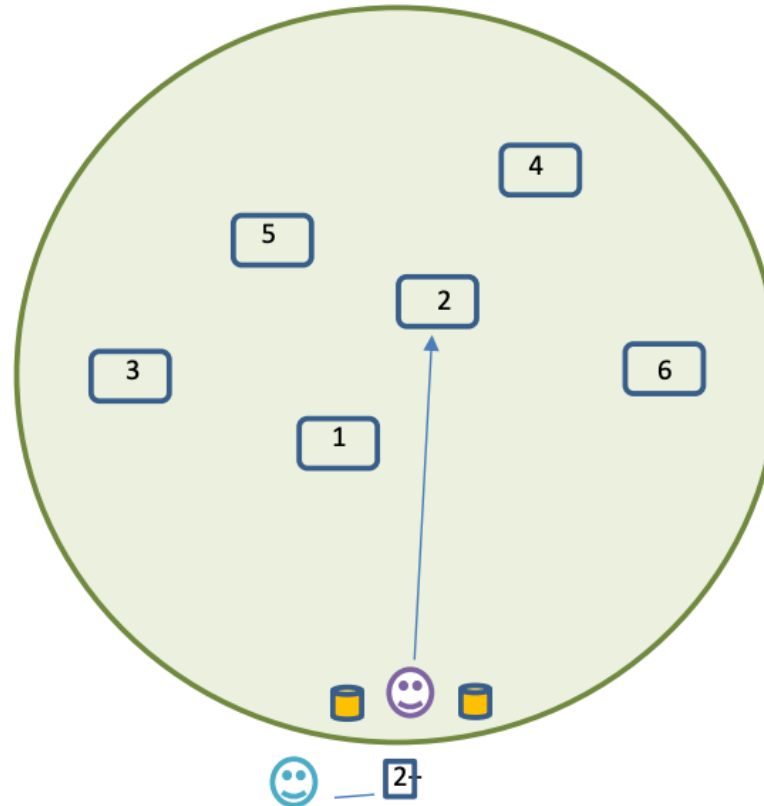
Area for Putting– Indoor carpet or floor

Area for Pitching – Yard or field

Targets – Paper or cans with numbers

Dice – any die will work (out of board game)

Tee Markers – Soup cans or similar



Definitions:

Judgement – To make a decision or form an opinion.

Target Awareness – It is essential for the player to understand that the ball is NOT the target. Instead, the Target is where they want the ball to land or head towards.

😊 = Player

Core Value: Judgement

Golf Skills: Putting or SNAG Pitching –

Fundamental: Target Awareness/Pre-Shot - **Factor:** Taking Aim before playing

Putting: Partner will roll a die to indicate which target player will play to.

Player will Take Aim and then Play Shot towards designated target - (designated target is chosen by dice roll)

SNAG Pitching: Partner will roll a die to indicate which target player will play to.

Player will Take Aim and then Play Shot towards designated target - (designated target is chosen by dice roll)

Players Use good **Judgment** by taking time to acquire target then taking proper aim: = Getting clubface aimed towards target before playing shot.

Note: This purposeful activity is best played with two people, although can be played by one or more.

[Watch Video](#)