

First Tee Central Coast's at Home Activity # 4 - Purposeful Play Activity - "I Can Do This"

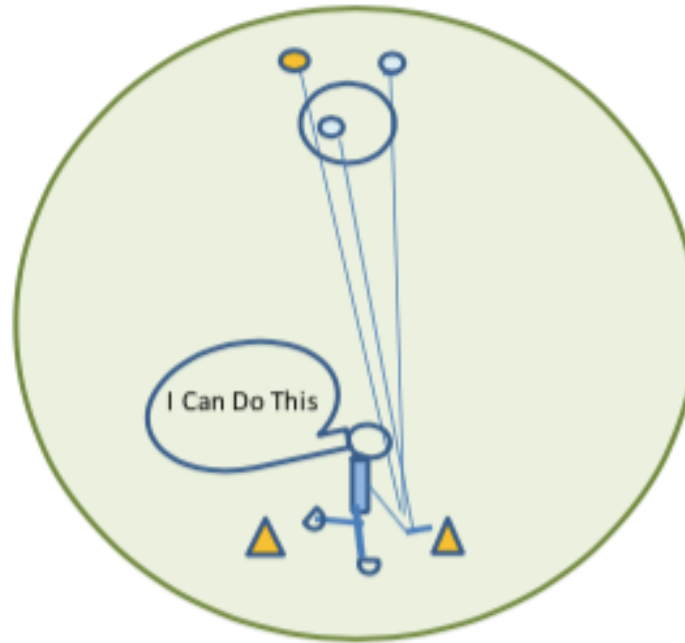
Designed by: First Tee Master Coach Billy Gibbs, PGA

Activity Set Up

Area for Putting or Chipping Activity – Indoor carpet or floor – Yard or field.

Target – Hula hoop or Similar

Tee Markers – Soup cans, Water Bottles or similar.



Definition:

Confidence: – A Feeling of "I Can Do it"

Core Value: Confidence

Golf Skills: Putting or Chipping

Fundamental: Body Balance - **Factors:** Balanced Start – To be balanced and "centered" before each shot is played.

Objective:

VERY IMPORTANT! - At each round, before each shot is played, the player will demonstrate confidence by stating "I can do this." The player will search for, find their balance, and then get "centered" before playing shot.

Activity: - **3 Shot Sequences** – Playing to a designated target (Hula Hoop or Similar)

- 1st round, the player will play 3 shots with their feet together (touching each other)
- 2nd round, the player will play 3 shots standing on one leg (pictured above)
- 3rd round, the player will play 3 shots standing on the other leg.
- 4th round, the player will play 3 with both eyes closed.
- 5th round, the player will play 3 shots in their preferred stance.

Note: It may be fun to make this a friendly competition with a family member by assigning points to outcome of each shot – Have Fun. The important things to remember are: To believe in yourself and that good golf shots begin with good body balance.

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