

First Tee Central Coast's at Home Activity # 6 - Purposeful Play = Pitching "High / Low"

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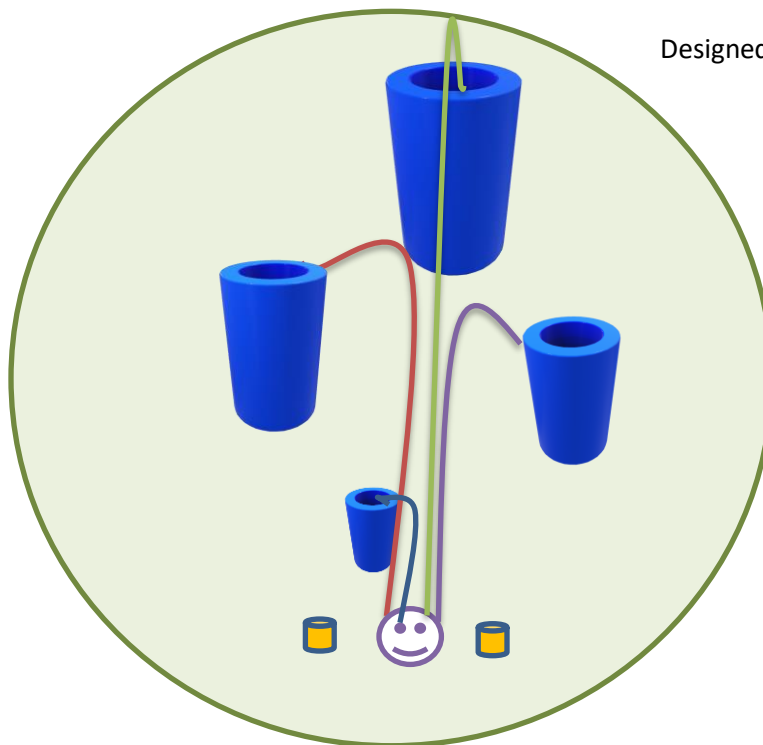
Activity Set Up

Area for Pitching– Yard or Field

Targets – 4 Buckets, Trash Cans, Hampers set at different heights and distances.

Balls – SNAG, Tennis or Similar (real golf ball not recommended)

Recommended Club – SNAG Club, PW or SW




Definitions:

Responsibility -

- Being responsible for one's actions.
- You alone are responsible for your own actions.

Pre-Shot Routine – Your actions before playing a shot – Using STAR –

Pitch Shot A Short High & Soft Shot that has little roll after landing.

 = Player

Core Value: Responsibility

Golf Skills: SNAG Pitching – Exploring Trajectory/via Distance

Life Skill: S.T.A.R. – A *Pre-Shot /Action Routine* –(thinking before you act or play).

- **Stop** – before you act or play shot.
- **Think** – take time to think about your next action/shot (distance, shot shape, club choice etc.)
- **Anticipate** – the consequences of your actions, then make a confident decision based on those factors. (distance, shot shape, club choice etc.)
- **Respond** – After doing the 3 steps above – Take Action – (Play your shot).

Fundamental: Pre-Shot Routine **Factor:** Using S.T.A.R. before playing each shot.

Activity:

Player will play 3 shots to designated target (beginning with shortest and lowest target)

Player will be **RESPONSIBLE** for using STAR before attempting each shot.

Player will then repeat the same routine for each of the other 3 designated targets (each set at different heights and distances)

REMINDER: Using STAR is a useful "tool" for ALL actions you make. Example: before you cross the street you "Stop" and look both ways. Then you "Think" about when a good time would be to cross. Then you "Anticipate" the consequences (is it safe or not to cross). Then you "Respond" by going when it is safe.