

**LOWEST  
SCORE  
WINS**

**LOWEST SCORE WINS/FIRST  
TEE OF WESTERN NEW YORK**

**Project 10**  
**WEEK 5 OUTLINE**



0:00 - 0:15

Shot Zone Demonstration

- Coaches demonstrate hitting about 5 shots with a 7-iron
- Pass out handouts and discuss
- Create example handout in front of class to circle 16/20 or 18/20 shots based on handicap level.

0:15 - 0:45

Individual Shot Zones

- With a partner everyone does their own, complete, Shot Zone with a 7-iron
- Be sure to take care in plotting the results and remove the appropriate number of shots (based on handicap)

0:45 - 1:15

Preparing For Your Next Shot (3,2,1 "Countdown" System)

- 3... 2... 1 Distribute handout
- Discuss Stage 3: Early Preparation Stage - As soon as you hit a shot you begin to plan your next shot. Take in all conditions around you. Much of this stage happens as your walk to your shot.
- Discuss Stage 2: Truths and Expectations - Consider proper expectations as you get your yardage, assess your lie and finalize your target. The expectations are data based and you should have

an understanding (for example) of how often you should hit the green and what is a good and/or bad shot. This is incredibly important as proper expectations set the stage for your mindset following each shot. If you believe you should hit every 100 yard shot to 10 feet you will undoubtedly be disappointed after MANY 100 yard shots.

- Discuss Stage 1: Pre-Shot Routine and Execution - Develop and finalize your own pre-shot routine. Partner or Coach should verify timing and requirements of pre-shot routines are met.

1:15 - 1:30 (Optional depending on time available)

32 Point Game w/ Proper Pre-Shot Routine

- Balls must be hit solidly (1 point), start to the proper side of the stick (1 point), and curve the proper direction (1 point).
- In this version we add the opportunity for a fourth point if pre-shot routine is followed properly.
- 8 balls, possible four points each.
- Do with a partner so they can verify start lines/curve and keep score.