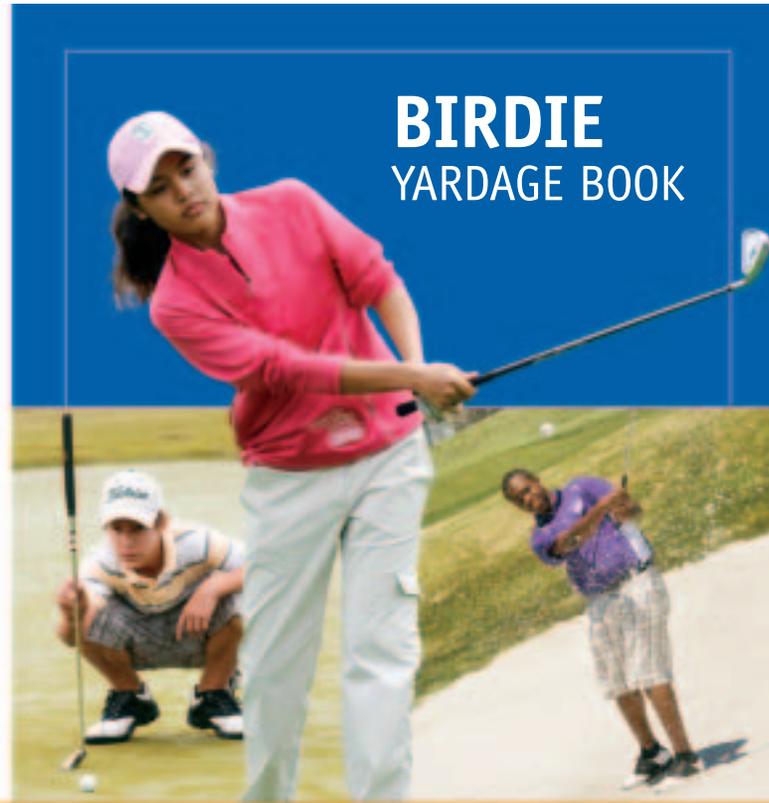




[www.thefirsttee.org](http://www.thefirsttee.org)



# BIRDIE YARDAGE BOOK



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## THE FIRST TEE CODE OF CONDUCT

### Respect for Myself

- I will dress neatly and wear golf or athletic shoes.
- I will always try my best when I play or practice.
- I will keep a positive attitude and catch myself doing something right regardless of the outcome.
- I will be physically active, eat well, get enough sleep, and take care of myself so I can stay healthy.
- I will be honest at all times, including when I keep score and if I break a rule.
- I will use proper etiquette and maintain my composure even when others may not be watching.

### Respect for Others

- I will follow all instructions and safety rules.
- I will keep up with the pace of play on the golf course.
- I will be friendly, courteous, and helpful.
- I will remain still and quiet while others are playing and have fun without being loud and rowdy.
- I will be a good sport toward others whether I win or lose.

### Respect for My Surroundings

- I will keep the golf course and practice areas clean and in as good or better shape than I found them.
- I will clean and take care of my and others' golf equipment.
- I will be careful not to damage anything that belongs to others.

\_\_\_\_\_  
PLAYer's Signature



Name: \_\_\_\_\_

Hometown: \_\_\_\_\_

Chapter of The First Tee: \_\_\_\_\_

\_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

I started the **Birdie level** at The First Tee on

\_\_\_\_\_ •  
(write in today's date)



## BIRDIE LEVEL LIFE SKILLS

### WHAT YOU WILL LEARN

- Why we all need dreams and goals for golf and in life
- How to clearly imagine your dreams
- The difference between dreams and reachable goals
- The Four Guidelines for Setting Reachable Goals
- How a “goal ladder” can help you reach your goals
- What to do when you have challenges to reaching your goal

## BIRDIE LEVEL GOLF SKILLS, ETIQUETTE AND RULES

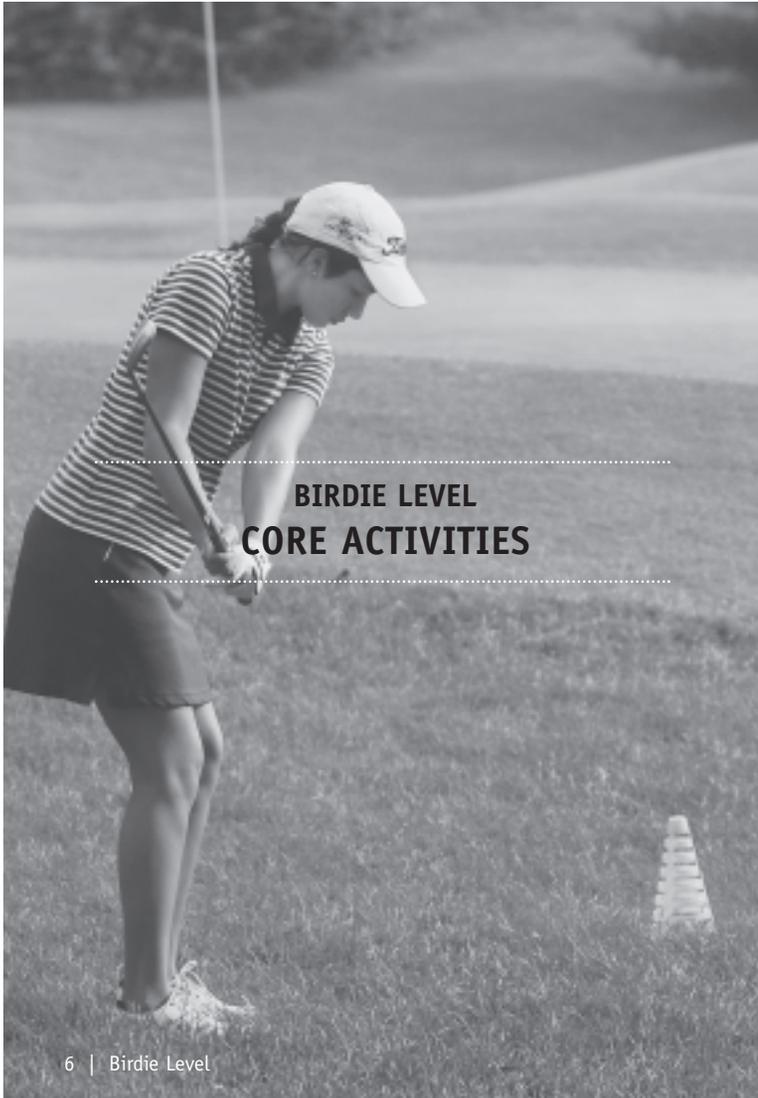
### WHAT YOU WILL DEVELOP

- Your method for becoming **target-oriented** when playing golf
- Your method for **using your equipment** to **control trajectory** when playing golf
- Your method for a **pre-shot routine**, including its physical, mental and emotional components, when playing golf
- Your method for **controlling distance** when playing golf
- Your method for **making solid impact** when playing golf
- Your method for having **good balance** when playing golf
- Your method for using the ground and swing to **curve the ball** different directions
- Doing The **5 Minute Golf Warm-Up** on your own prior to and during play
- More etiquette and in-depth **application of *The Rules of Golf*** as approved by the United States Golf Association® and R&A Rules Limited

## DREAMS AND GOALS

*Tomorrow is waiting  
...for dreams to be dreamed  
...for goals to be reached,  
Tomorrow is waiting  
... to be yours*

- Dreams are like stories we tell ourselves.
- Dreaming is fun.
- Dreaming can make us feel better.
- Dreams tell us what we really want in life.



**BIRDIE LEVEL  
CORE ACTIVITIES**

## GOLF DREAMS AND GOALS

**My dream for golf is:**

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**A goal that can help make my dream come true is:**

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## WHAT IS A GOAL?

Goals are like dreams, but they are different.  
A goal is more than a wish:

**A goal is a dream you work hard  
to make come true.**

## Why Are Goals Important?

- They motivate us.
- They help us plan for the future.
- They give us a purpose.
- They make us feel proud and satisfied  
when we reach them.

## MY GOLF DREAM AND GOAL

**My dream for golf is:**

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**A goal that could help make my dream come true is:**

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**Guideline 1:** Is my goal positive?  
If not, rewrite the goal:

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**Guideline 2:** Is my goal important to me?  
If not, rewrite the goal or pick a new one:

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**Guideline 3:** Is my goal specific?  
If not, rewrite the goal:

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**Guideline 4:** Is reaching the goal under my control?  
If not, rewrite the goal:

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**Now I have a reachable golf goal!**

## MY DREAM AND GOAL FOR HOME OR SCHOOL

**My dream for home or school is:**

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**A goal that could help make my dream come true is:**

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**Guideline 1:** Is my goal positive?  
If not, rewrite the goal:

---

---

**Guideline 2:** Is my goal important to me?  
If not, rewrite the goal or pick a new one:

---

---

---

**Guideline 3:** Is my goal specific?  
If not, rewrite the goal:

---

---

---

**Guideline 4:** Is reaching the goal under my control?  
If not, rewrite the goal:

---

---

---

**Now I have a reachable goal  
for home or school!**

## FOUR GUIDELINES FOR SETTING REACHABLE GOALS

The way you state a goal has a lot to do with whether you reach it. Here are **four guidelines** that will help you set goals that are reachable:

1. The goal is **Positive**.
2. The goal is **Important to You**.
3. The goal is **Specific**.
4. The goal is **Under Your Control**.

### GUIDELINE 1 SET A GOAL THAT IS POSITIVE

It will be easier to reach a goal that is stated positively.

**Negative:** I don't want to miss this putt.

**Positive:** I want to make a smooth stroke.

.....

**Negative:** I don't want to get upset if I play poorly.

**Positive:** I want to enjoy myself no matter how I play.

.....

**Negative:** I don't want to get yelled at for not doing my homework.

**Positive:** I want to remember to do my homework.

.....

### GUIDELINE 1 – SET A GOAL THAT IS POSITIVE IS YOUR GOAL STATED POSITIVELY?

Putting is a key skill in golf, so learning to putt would be important to anyone who dreams of being a good golfer.

Here's a possible putting goal:

**"I don't want my putting to get worse."**

Is this goal stated positively?

If not, rewrite the goal so it is stated positively:

**Putting goal that is Positive:**

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## GUIDELINE 2 SET A GOAL THAT IS IMPORTANT TO YOU

**If a goal is important to you, then:**

- 🏌️ You will work hard to reach it.
- 🏌️ You will feel proud when you do reach the goal.

**To find out if a goal is important to you, ask yourself:**

- 🏌️ Am I going for this goal just because someone else wants me to?
- 🏌️ Do I want to work hard to reach it?

## GUIDELINE 2 – SET A GOAL THAT IS IMPORTANT TO YOU MAKE FUN YOUR GOAL

This activity is for anyone who thinks it is important to have more fun and enjoy the game. For this activity, you can use Personal Par Cards – Fun. Remember them from the Par level?

Instead of the number of strokes, use happy 😊 and sad 😞 faces to show how much fun you had on each hole within a round of golf.

Hole #	1	2	3	4	5	6	7	8	9
EXAMPLE Personal Par Card – Fun	😊	😊	😞	😊	😞	😊	😊	😞	😊

Hole #	1	2	3	4	5	6	7	8	9
MY Personal Par Card – Fun									

Hole #	1	2	3	4	5	6	7	8	9
MY Personal Par Card – Fun									

## MY GOAL FOR HAVING FUN WHILE PLAYING GOLF

Here is a goal statement to start with:

**“I don’t want to be angry on each hole I play.”**

**Guideline 1:** Is the goal positive?

If not, rewrite the goal:

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**Guideline 2:** Is the goal important to me?

If not, rewrite the goal, or pick a new one:

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**Guideline 3:** Is the goal specific?

If not, rewrite the goal. To help you, look back at your past Personal Par Cards for fun.

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**Guideline 4:** Is reaching the goal under your control? If not, rewrite the goal:

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### GUIDELINE 3 SET A GOAL THAT IS SPECIFIC

A goal that is specific says exactly what your goal is so you will be able to measure it and know when you have reached it.

**Put a check mark next to the goals that are stated specifically:**

- I want to hit the ball straighter and farther.
- I want to have two positive thoughts on every hole.
- I want my Personal Par to be two strokes lower next month.
- I want to pick a target each time I get ready to swing.
- I want to have more fun when I play.

### GUIDELINE 3 – SET A GOAL THAT IS SPECIFIC MAKING GOALS SPECIFIC

**Rewrite each goal so it is stated specifically.**

1. **General:** I want to be in better shape.

**Specific:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. **General:** I want to hit the ball farther.

**Specific:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. **General:** I want to improve my chipping.

**Specific:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### GUIDELINE 3 – SET A GOAL THAT IS SPECIFIC IS YOUR GOAL STATED SPECIFICALLY?

Look at the positive putting goal you wrote on page 15.  
Is that goal also stated specifically?

If not, rewrite the goal so it is stated specifically.  
To help you make the goal more specific, look at  
the score you wrote down for the putting drill in  
the box at the bottom of this page.

#### Putting goal that is specific:

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#### My Putting Drill Score:

I got the ball into the hole in two  
strokes \_\_\_\_\_ times out of 10 attempts.

### GUIDELINE 4 SET A GOAL THAT IS UNDER YOUR CONTROL

Reaching a goal should depend on what **you can and will do**—not on luck or what somebody else does.

**Put a check mark by the goals that are under your control.**

- I want to play better than my friends.
- I want to become Birdie certified.
- I want my teacher to be an easy grader.
- I want to stay positive whenever I play.
- I hope I don't get sick before the tournament.
- I want to drink plenty of water.
- I want to stay calm before every shot.
- I want to get a new golf club for my birthday.

**GUIDELINE 4 –  
SET A GOAL THAT IS UNDER YOUR CONTROL  
WHAT'S UNDER YOUR CONTROL IN GOLF?**

- What you do and how you act
- Your attitude
- The steps you go through before making a stroke
- How confident you feel
- How much water you drink while you are playing
- How much sleep you get the night before you play
- How you decide to play a shot
- How much you practice

**GUIDELINE 4 –  
SET A GOAL THAT IS UNDER YOUR CONTROL  
WHAT'S NOT UNDER YOUR CONTROL  
IN GOLF?**

- How other people are playing
- How other people are acting
- How other people feel
- Bad bounces or other bad luck
- How the shot turns out
- Whether your putt drops into the hole
- What other people say or think about you

**GUIDELINE 4 –  
SET A GOAL THAT IS UNDER YOUR CONTROL  
WHAT'S NOT UNDER YOUR CONTROL  
IN GOLF?**

- How hot it is
- Whether you are feeling well on the day you play
- How hard the golf course is
- Whether it's windy or raining
- How much other people practice

**GUIDELINE 4 –  
SET A GOAL THAT IS UNDER YOUR CONTROL  
IS YOUR GOAL UNDER CONTROL?**

Look at the specific putting goal statement you wrote on page 22. Is reaching that goal under your control?

If you need to, rewrite the goal so it is under your control. If it is OK, just copy the goal here:

**Putting goal that is under my control:**

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**Congratulations!** You have written a goal that meets the Four Guidelines for Setting a Reachable Goal.

**GUIDELINE 4 –  
SET A GOAL THAT IS UNDER YOUR CONTROL  
RATE YOUR CONTROL**

**How good are you at these skills?**

Rate yourself from 1–5, with 1 being poor control and 5 being excellent control.

Things I can control in golf	Rating (1-5)
My attitude and emotions	
How I react after a shot	
How I set up for each shot	
My decisions on how to play a shot	
How much I practice	
Setting goals for practice or play	
My respect for others and the golf course	

**Goal:**

\_\_\_\_\_

\_\_\_\_\_

**GOAL LADDER: PLAN FOR  
REACHING YOUR GOAL**

To reach your goal, you need a plan.

**Think of a plan as a ladder.**

You put the easiest steps at the bottom of the ladder and harder ones toward the top.

You climb each step one at a time until you reach your goal.

A goal ladder lets you see how far you have come and how far you still have to go.



## A GOLF GOAL LADDER

Here is an example of a ladder for a pitch shot goal. See if you can spot the step that is out of order.

**Goal:** By the end of the summer, I want to get five out of 10 pitch shots high into the air and onto the green



## CREATE A GOAL LADDER FOR YOUR PUTTING GOAL

First copy over your putting goal from page 27. Then create a goal ladder by recording the easiest step on the bottom and working your way up.

**My putting goal:**

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**My putting goal ladder:**



## CREATE A GOAL LADDER FOR YOUR GOLF GOAL

First, copy over your golf goal from page 10, number 4. Then create a goal ladder by recording the easiest step on the bottom and working your way up.

**My golf goal:**

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**My golf goal ladder:**

5 \_\_\_\_\_

4 \_\_\_\_\_

3 \_\_\_\_\_

2 \_\_\_\_\_

1 \_\_\_\_\_

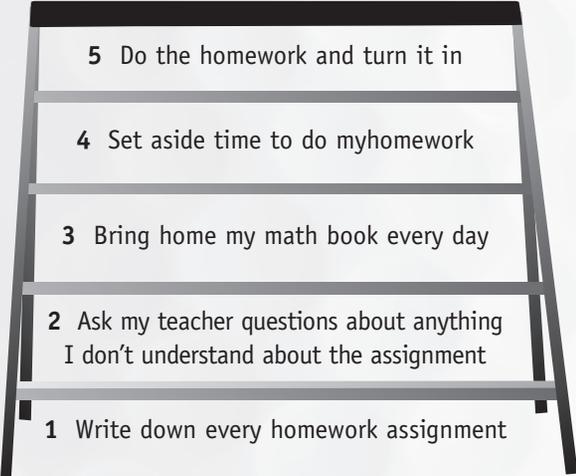


## SAMPLE GOAL LADDER FOR HOME OR SCHOOL

Here is an example of a goal ladder for an activity that is not about golf.

**Goal:** I want to complete all my math homework on time during the next six weeks.

**Goal ladder:**



5 Do the homework and turn it in

4 Set aside time to do my homework

3 Bring home my math book every day

2 Ask my teacher questions about anything I don't understand about the assignment

1 Write down every homework assignment

## CREATE A GOAL LADDER FOR HOME OR SCHOOL

First, copy over your goal for home or school from page 12, number 4. Then create a goal ladder by recording the easiest step on the bottom and working your way up.

**My goal for home or school:**

---

---

**My home or school goal ladder:**

5 \_\_\_\_\_

4 \_\_\_\_\_

3 \_\_\_\_\_

2 \_\_\_\_\_

1 \_\_\_\_\_



## CREATE A GOAL LADDER FOR HAVING FUN WHILE PLAYING GOLF

First, copy your goal for Having Fun While Playing Golf from page 19, number 4. Then create a goal ladder by recording the easiest step on the bottom and working your way up.

**My goal for having fun while playing golf:**

---

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**My having fun while playing golf goal ladder:**

5 \_\_\_\_\_

4 \_\_\_\_\_

3 \_\_\_\_\_

2 \_\_\_\_\_

1 \_\_\_\_\_



## IDENTIFYING CHALLENGES

A challenge is something that makes it harder for you to reach your goal. You are likely to face challenges as you work on the steps in your goal ladder.

### Challenges on the golf course

-  Bunkers
-  Water hazards
-  Deep rough

### Challenges you create

-  Not practicing
-  Not getting help on how to do something
-  Skipping some of the steps in your ladder
-  Getting angry or frustrated

## USE STAR WHEN FACING A CHALLENGE

**STAR** is a way to make good decisions when you are faced with challenges.

Here's what **STAR** stands for:



**S** - STOP and take a deep breath



**T** - THINK of all your choices



**A** - ANTICIPATE what could happen – good or bad – as the result of each choice



**R** - RESPOND select the best choice of what to do

Use **STAR** to tackle any challenges that come up while you are working on achieving your goals for golf, home, or school.

## PUTTING CHALLENGES

Write down two things you are having trouble with when you work on reaching your putting goal from page 31:

1.

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2.

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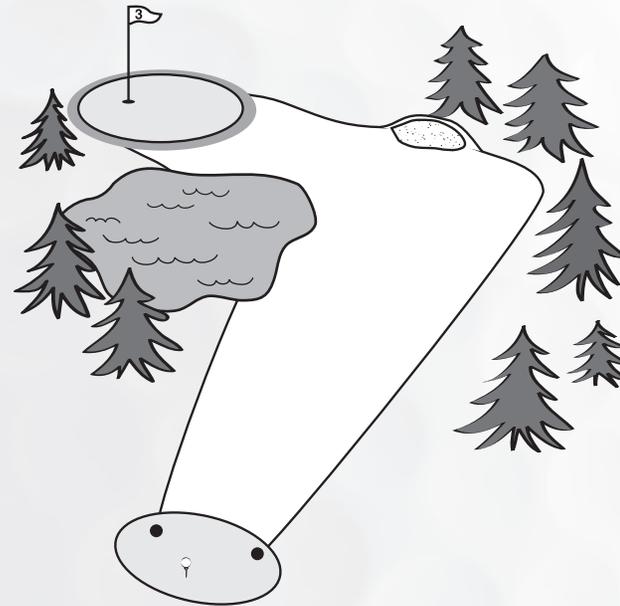
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Think about how **STAR** could help you overcome these challenges.

**Apply your STAR solutions**  
as you practice and play!

## USING STAR WHEN YOU PLAY



How would you play this hole?

## GOLF GOAL CHALLENGES

As you work on reaching your golf goal from page 32, write down two things that are challenging you.

1.

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---

---

2.

---

---

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Think about how **STAR** could help you overcome these challenges.

**Apply your STAR solutions**  
as you practice and play!

## CHALLENGES AT HOME OR SCHOOL

As you work on reaching your goal for home or school from page 34, write down two things that are challenging you.

1.

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---

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2.

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---

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Think about how **STAR** could help you overcome these challenges.

## CHALLENGES TO GOAL FOR HAVING FUN WHILE PLAYING GOLF

As you work on reaching your goal for Having Fun while Playing Golf from page 35, write down two things that are challenging you.

1.

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2.

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Think about how **STAR** could help you overcome these challenges.

**Utilize your STAR solutions as you play!**

## STAR AS A PRE-SHOT ROUTINE

Write down the main steps in your pre-shot routine using **STAR** as the framework.



**S**top

---

---



**T**hink

---

---



**A**nticipate

---

---



**R**espond

---

---

***Reminder:** A pre-shot routine should be brief in order to maintain the pace of play. Only include the thoughts, emotions, and behaviors that help you focus in the present and give you the best chance for success on each shot you play.*

## CHALLENGES TO WELLNESS AND PHYSICAL ACTIVITY

Think about decisions you have made in the previous week related to Wellness and Physical Activity. What is one area in which you would like to improve?

Write down two things that are challenging you in this area of your life. Think about and then write down how **STAR** could help you overcome these challenges.

1.

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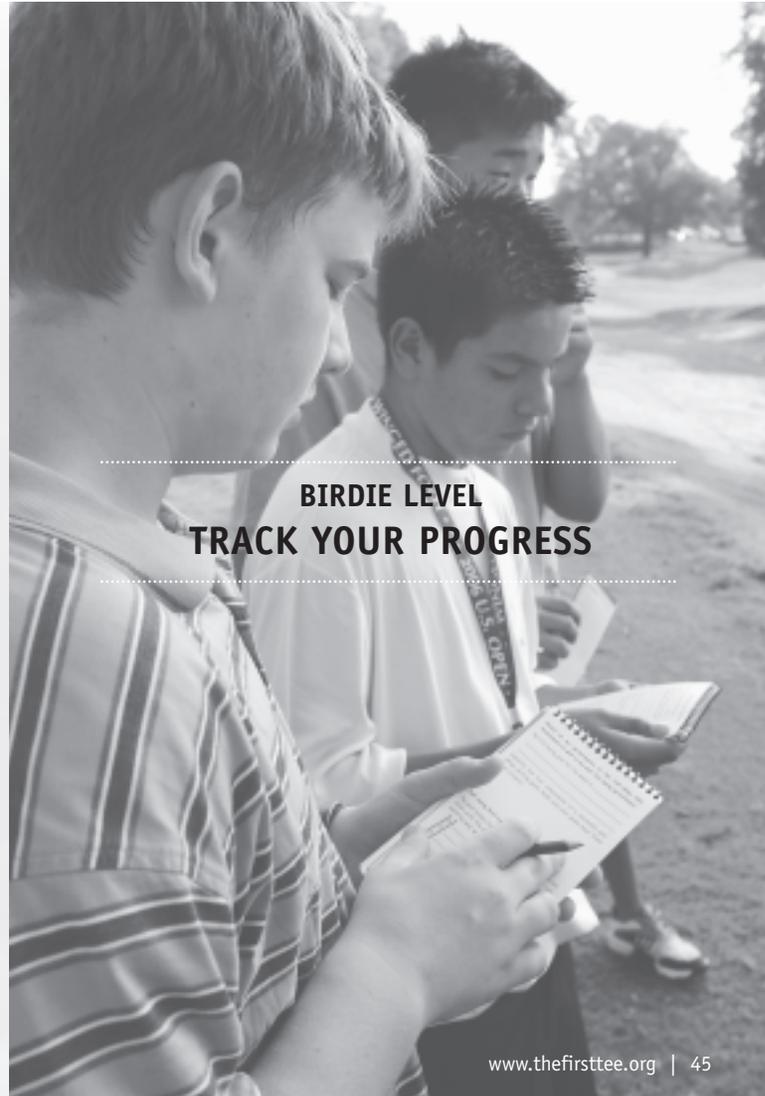
2.

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Will you commit to using **STAR** as you have described above to help you in the coming days and weeks?



**BIRDIE LEVEL  
TRACK YOUR PROGRESS**







