

# Lesson Plan 10 • Learn & Grow with Grit

## Lesson Intentions:

- Players will learn 3 Tips for Developing Grit: Be Patient, Be Positive, and Ask for Help.
- Players understand that attitude impacts enjoyment and performance.
- Players will experience good body balance and a balanced finish.
- Players will learn the importance of clean clubs.
- Players will learn that tee markers are not allowed to be moved by players.

## Warm Up:

- Bear Crawl (10 yards)
- Push-ups (5 regular or 10 on knees)
- Jump and Turn (180 or 360 degrees)
- Guiding Question: Which warm up was the most challenging? What are the 3 Tips for Developing Grit? Which of the 3 Tips for Developing Grit did you use the most?

To end the warmup, coaches should demonstrate a proper handshake, then ask players to give a handshake to at least 3 other people in their group.

## Putting Green: Through the Gates Putting

Modeling: Golf Skill: Putting; Get Ready to Swing (what it looks like to get setup for a putt; aim & alignment); Y-Putt-Y

Activity: Coach will set up a putting course on the green with washers creating a triangle around the target hole. Participants will have to carefully aim in order to get their ball to roll between the gates (two washers) set up in front of the hole and stop them before the last washer. If the ball rolls through the gates (first two washers) it is worth 1-point, an additional 2-points if the ball stops before the last washer, and an additional 3-points if the ball falls in the hole (for a total of 6 points if they hole the ball out in 1-stroke). Participants should apply target awareness skills by establishing aiming points on putts that break. Participants will complete the hole by putting the ball into the hole, but only count their score for the first putt. Encourage participants to learn more about each other by asking teammates questions such as: What is your favorite flavor of ice cream? What month were you born? Do you have a pet? What is your favorite school subject?

Golf Knowledge Objective: Tee markers cannot be moved by players, even if they are not aimed where you want them to go. Players must tee the ball up within the teeing area, not outside of the tee box.



**Rules & Etiquette:** Respect others & your surroundings; Teeing area & rules (2-club lengths) & penalty; Who goes first off the tee - honors golf vs Ready Golf; You must start a round on time; Completing a hole means a player has "holed out"; pace of play

Guiding Questions: Which of the 3 Tips did you use the most at this activity? Which of the 3 Tips is the hardest to use? What would you have to do if the tee markers were not pointed at the target? How did you keep a good pace of play?

## Key Terms:

Divot	Heel
Clubhead	Iron
Shaft	Driver
Grip	Wedge
Hosel	Putter
Clubface	Tee markers
Toe	Pace of Play



### Lead Coach:

**Lesson Length:** 90 minutes

**Key Commitment:** Growing through Challenge

**Golf Fundamental/Factor of Influence:**

Distance Response/Size of Motion

**Character Behaviors:**

Participants can state and demonstrate the Three Tips for Developing Grit.

Participants understand that attitude impacts enjoyment and performance.

Participants develop and demonstrate grit in a golf setting as they face and grow through challenges.

Age 10-11

# Lesson Plan 10

## Chipping Green: Battleship Chipping

Modeling: Golf Skill: Chipping; Get Ready to Swing (what it looks like to get setup for a chip; aim & alignment); Y-Chip-Y

Activity: Coach should set up a 'battleship' shape on the chipping green using duct tape, survey tape, etc. Create different sections within the battleship. The hitting bays can be separated into two teams marked by half of the bays with white golf balls and the other half with colored golf balls or play as one team. Instruct players that they will need to get a set number of golf balls into each section of the battleship appropriate to the class skill level. Class or team will 'sink' the battleship when the number of golf balls needed in each section is reached. Participants will be responsible for keeping track of their scores. Connect target awareness to changes in targets depending on what sections need balls to sink the ship.

Golf Knowledge Objective: When chipping or using irons in particular, your clubs can get dirty. Keeping your clubs clean can help make sure you hit solid shots.

Guiding Questions: How did you use the 3 Tips during this activity? If you were to accidentally break a rule, how could you use the 3 Tips to move on to the next shot in golf? What about at home or school?

**Rules & Etiquette:** Respect others & your surroundings; Penalties: one-stroke vs general penalty, used when a rule has been broken; Players are responsible for calling penalties on themselves

## Driving Range: Through the Gates

Modeling: Golf Skill: Full-Swing; Get Ready to Swing (what it looks like to get setup for a shot; aim & alignment); L-Hit-L

Activity: Set up two noodles about 5-6 ft in front of each hitting station with about 4-5 ft of space between the noodles, creating a "gate". Participants will work on selecting a target approx. 3 ft in front of them to line up their shot in order to get their ball to go between the noodles, or gates. Have participants hit 3 balls each turn and see how many out of 3 they can get between the noodles. For more advanced groups of golfers, you can move the noodles closer together to make the activity more challenging.

Golf Knowledge Objective: Players are required to start their round at their tee time; no earlier, no later. They also must observe the rules of the tee box, including that they are not allow to move a tee marker even if it is in the way of their stance.

**Rules & Etiquette:** Respect others & your surroundings; Teeing area & rules (2-club lengths) & penalty; You must start the round on time; Who goes first off the tee - honors golf vs Ready Golf; must remain with the group you teed off with

Guiding Questions: Did you use the 3 Tips to help you? Which of the 3 Tips did you use the most? How did you choose a target to help you aim? Was it easier to hit a ball if you were happy, upset, or another emotion? Which of the 3 Tips helps you manage your emotions?

## Wrap Up:

How does having grit help you dig deep when things get tough? How did you use the 3 Tips for Developing Grit to help you today? How can you use the 3 Tips in school or at home? What is an example of being patient on and off the course? What is an example of staying positive on and off the course? Who are some people you can ask for help on and off the course? What are some rules we must follow surrounding the teeing area? What is the difference between honors golf and ready golf?

**Good  
Better  
How**

Good #1:  
Good #2:  
Good #3:

Better:  
  
How: