

Lesson Plan 5 • Developing Confidence: I Can Do It!

Lesson Intentions:

Players will feel safe to try new things with confidence on the golf course.
Players will develop a routine on the golf course when playing.
Players will learn what can be removed from their line on the putting green.

Warm Up:

Planks - players hold for as long as they feel confident, up to 30 sec

Windmills - 20 sec

Hop on one foot - 10 hops/foot

One-Legged Supermans - 15 sec/leg

Guiding Question: What leg/foot did you feel most confident with during these warmups? Do you think you could grow your confidence with planks?

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

Modeling: Golf Skill: Putting; Get Ready to Swing (choosing a target to aim for, even if its not the hole); 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 front washers) set up in front of the hole and stop them before the last washer. Participants will be responsible for keeping their own score. If the participant putts through the "gates", it is worth 1-point; an additional 2-points is awarded if the ball stops before the last washer, and an additional 3-points if the ball balls into the hole (i.e. a total of 6-points if a ball is holed 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.

Golf Knowledge Objective: Players must wait until their putt stops to determine who is closest and before hitting the ball again.



Rules & Etiquette: We cannot hit a ball that is moving; We must play the ball "as it lies" once it comes "to rest"; Fairly striking the ball means you take the club back and briefly hit the ball with the clubhead on a down swing - no scooping, scraping or pushing.

Guiding Questions: How did you keep a good attitude in this game when/if you faced a challenging putt? How did you congratulate your competitors? How did you decide on a target before each putt?



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Building Positive Self-Identity

Golf Fundamental/Factor of Influence:

Target Awareness / Target Selection

Character Behaviors:

Participants understand the developing self-confidence is a process, and failing often precedes success.

Participants understand the importance of maintaining a positive "I can" attitude regardless of how they are playing.

Participants recognize that self-confidence is an important part of Building Positive Self-Identity

Participants can develop self-confidence by identifying things they are doing well

Key Terms:

Fringe
Ball Marker
Divot Repair Tool
Ball Mark

Lesson Plan 5

Chipping Green: Battleship Chipping

Modeling: Golf Skill: Chipping; Get Ready to Swing (where to point the clubface based on the break in the green); 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 or several small battleships. The hitting bays can be separated into two teams marked by two different colors of golf balls or you can have the class play as one big team. Instruct players that they will need to get a set number of golf balls into each section of the battleship appropriate to the skill level of the class. Class or team will "sink" the battleship when the target number of golf balls in each section of the ship is reached. Participants will be responsible for keeping track of their own scores. Connect target awareness to changes in targets depending on what sections need balls to sink the ship.

Golf Knowledge Objective: Players must make sure to select the correct target, aim point so that the ball ends up in the proper section based on their points goals.

Guiding Questions: Why do we want to get the ball close to our target? How do we show sportsmanship while playing the game? What did you change to help

Rules & Etiquette: Fairly striking the ball means you take the club back and briefly hit the ball with the clubhead on a down swing - no scooping, scraping or pushing; You cannot alter the conditions of your ball or another players ball that may affect yours or their stroke.

Driving Range: Through the Gates

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

Activity: Set up two noodles about 5-6ft in front of each hitting station with about 4-5ft 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: Introduce the part of the course they are on as the driving range. This is where we can practice our tee shots and full swings. Introduce the iron and/or driver and parts of the club.

Rules & Etiquette: Cannot hit a moving ball; A player must play the ball "as it lies" once the ball has come "to rest"; You cannot alter the conditions of yours or another player's ball that may affect yours or their stroke.

Guiding Questions: When do we hit the ball? Can we hit the ball when it is moving? Are you allowed to move the ball at any time from where it stops? What should you do when you finish a competition on the course?

Wrap Up:

How can we improve our confidence in anything? Are we successful the first time in everything we do? Why are failures OK and how can they help us grow our confidence? Did you try anything new today? What are some new things you can try at home? At school? When something is hard, how can you stay positive? What are some things you did well today? At home? At school?

**Good
Better
How**

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

Better:

How: