

Lesson Plan 11 • Staying Cool

Lesson Intentions:

- Players will start using and understanding the first 2Rs - Relax and Replay.
- Players will discuss how to Get Ready to swing while factoring in target awareness and/or distance to their target.
- Players will discuss the way in which the ball is struck - no scooping, pushing, or scraping.

Warm Up:

- Strength: 10 frog jumps – must touch the ground before each jump
- Flexibility/Mobility: Jump 180 degrees and land with both feet at the same time. Do this 8 times.
- Agility/Coordination: Ladder jumps with both feet in each square
- Balance: Walk forwards for 20 ft. then backwards for 20 ft. on a balance beam
- Object Control: Dribble a soccer ball in and out of cones 8 ft. apart for 60 ft.

Putting Green: 1-2-3 Putting Game

Modeling: Golf Skill: Get Ready to Swing: Players reinforce grip, stance, ball position, posture, & alignment. Coaches help participants learn how to tie in target awareness and/or distance to target when preparing for their shot.

Activity: Players will play a 9-hole putting course with short, medium, & long holes. While playing, coaches should help players with the any Get Ready elements that are needed. Coaches can help participants learn how Getting Ready can help set up to their target and help prepare them for the swing they need to obtain the correct distance.

Key Commitment Objective: As participants are playing, encourage them to Relax with a deep breath after they miss a shot and Replay the shot in their mind to better understand what happened.

Golf Knowledge Objective: Players learn about scoring (par, birdie, eagle, bogey, double bogey etc) and apply during their rounds.

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.



Rules & Etiquette: Players learn what to do if their ball accidentally moves.
Players learn what to do if they accidentally improve their lie.

Guiding Questions: Did any holes frustrate you? How did you deal with that frustration? How did using the first 2Rs help when you played again?

Key Terms:

Par
Birdie
Eagle
Ace
Bogey
Double Bogey

Scorecard
Outside Agency
Accidentally
Deliberately



Key Commitment: Using Good Judgment

Golf Fundamental/Factor of Influence: Get Ready to Swing

Character Behaviors:

Participants can state and define the first 2Rs - Relax & Replay

Participants understand how these 2Rs can be applied to learning and playing golf

Participants recognize that the 2Rs are valuable on and off the golf course and demonstrate emotional control as they attempt to stay cool.

Lesson Plan 11

Chipping Green: Tic-Tac-Toe

Modeling: Golf Skill: Get Ready to Swing: Players reinforce grip, stance, ball position, posture, & alignment. Coaches help participants learn how to tie in target awareness and/or distance to target when preparing for their shot.

Activity: : Coaches create two teams, with each team using a different color golf ball. The first team to get 3 sections in a row wins the round. For additional challenges, coaches can require each team to get multiple golf balls in each section, or play until a team completes the entire board. While playing, coaches should help players with the any Get Ready elements that are needed. Coaches can help participants learn how Getting Ready can help set up to their target and help prepare them for the swing they need to obtain the correct distance.

Key Commitment Objective: As participants are playing, encourage them to Relax with a deep breath after they miss a shot and Replay the shot in their mind to better understand what happened.

Golf Knowledge Objective: Players learn the difference between Accidentally and Deliberately moving their golf ball, and what to do when that happens.

Guiding Questions: Describe how your Get Ready steps changed for each target. How did you make sure you didn't push the ball when swinging? How did the 2Rs help you as you played?

Rules & Etiquette: Players learn what to do if they hit their ball twice. Players learn what to do if an outside agency moves their ball.



Driving Range: Tee to Green

Modeling: Golf Skill: Get Ready to Swing: Players reinforce grip, stance, ball position, posture, & alignment. Coaches help participants learn how to tie in target awareness and/or distance to target when preparing for their shot.

Activity: Noodles are placed on the range to represent a fairway, green, OB, & any other part of the course you can identify. Players play a simulated course from Tee to Green beginning with a tee shot and attempting to hit the fairway, then green. The tee shot is the only time they are allowed to use a tee. Players are given a specific number of shots to hit the fairway and green based on their age and/or skill level. If they are successful they get a par, for each miss a stroke is added. If using OB markers then 2 strokes would be added. Coaches can add a pitch shot with smaller targets as well.

Key Commitment Objective: As participants are playing, encourage them to Relax with a deep breath after they miss a shot and Replay the shot in their mind to better understand what happened.

Golf Knowledge Objective: Players will determine which club to use for each shot the coaches challenge them with.



Rules & Etiquette: Review a hole is finished when a ball goes into the hole. Introduce how to read a scorecard. Players learn you must wait until the ball stops before hitting again.

Guiding Questions: Does every shot go the way you want? How can the 2Rs help? How do we aim towards our target? How can we relax between shots on the course?

Wrap Up:

What was the most difficult activity for you?
What club did you choose for your shortest and longest shot? What did you learn about how scoring and scorecards work?

**Good
Better
How**

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

Better:

How: