

Lesson Plan 12 • Finding Your Personal Par

Lesson Intentions:

- Review "Get Ready to Swing" stance is narrower for pitching than full swing
- Experience and explore greater clubface awareness
- Understand and use Personal Par
- Players can use Personal Par for process as well as outcome
- Golf Rules: Red & Yellow penalty areas, understand par in golf, become familiar with birdie, bogey, and double-bogey

Warm Up:

When doing the warm up, start to review the 3 Tips for Developing

Grit: Be patient, be positive, and ask for help.

Jumping Jacks (10 minimum)

Lunges (5 each for each leg)

Airplane Balance (one leg at a time)

Guiding Question: How can exercise help you develop Grit?

Putting Green: Through the Gates

Modeling: Golf Skill: Target Awareness: Players learn how to Aim and Align their Clubface to target, and have the body parallel to target line. Explore width of stance and how to relate the clubface at impact to the outcome.

Activity: A 9-hole putting course is set up with various lengths and breaks. Two markers are placed in front of the hole and Players attempt to Aim between the markers and have the ball pass between them. An additional marker is placed behind the hole for additional distance response. Players receive 1 pt for going between the markers, 1 pt for stopping short of the marker behind the hole, & 5 pts for making the putt. Players attempt to aim the putter face and align their bodies correctly. Coaches should encourage participants to establish a personal. This can be related to the clubface at impact, getting the ball in the air, scoring during the game, etc.

Key Commitment Objective: Players build positive self-identity by understanding and accepting their current ability compared to their own performance.

Golf Knowledge Objective: Understand the difference between red and yellow penalty areas.



Rules & Etiquette: Introduce how to take a drip properly from knee height.
Introduce two penalty areas - red and yellow.

Guiding Questions: How does focusing on hitting the back of the ball with a square clubface impact what your ball does?

Key Terms:

Red Penalty Area

Yellow Penalty Area



Key Commitment: Building Positive Self-Identity

Golf Skill(s): Putting, chipping, and full swing

Golf Fundamental/Factor of Influence: Clubface and Ball contact, clubface direction at contact

Character Behaviors: Participants understand that par is a personal measure that varies from one player to another.

Participants recognize that par is a standard measure of performance for players on the course and one's personal par can be applied to non-golf tasks.

Participants recognize the value of self-confidence and how it contributes to Building Positive Self-Identity.

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.



Lesson Plan 12

Chipping Green: Battleship

Modeling: Golf Skill: Target Awareness, Target Selection. Players learn how to Aim and Align their Clubface to target, and have the body parallel to target line. Explore width of stance and how to relate the clubface at impact to the outcome.

Activity: Players work in teams to chip a ball into each section of the Battleship before the other team. Players must learn how to identify which target they want and how to adjust their aim. For more skilled participants, Coaches can increase the number of golf balls that must hit each section.

Coaches should encourage participants to establish a personal. This can be related to the clubface at impact, getting the ball in the air, scoring during the game, etc.

Key Commitment Objective: Players build positive self-identity by understanding and accepting their current ability compared to their own performance.

Golf Knowledge Objective: Understand the difference between red and yellow penalty areas

Guiding Questions: When you think about personal par, do you factor in what you wish you could do? What others can do? What you or someone else thinks you should do?

Rules & Etiquette: Review where you stand when it's not your turn to hit. Introduce that on the putting green you can move loose impediments.

Driving Range: Through the Gates - Full Swing

Modeling: Golf Skill: Target Awareness & Target Selection: Players learn how to Aim and Align their Clubface to target, and have the body parallel to target line. Explore width of stance and how to relate the clubface at impact to the outcome.

Activity: Two noodles are placed in front of each station. The space between them can be modified to match skill levels. Each time a Player hits a shot that starts between the noddles they receive 5 pts. If the shot starts outside of the noddles but finishes between them it's 5 pts. If the shot starts and finishes between the noodles it's 10 pts. Coaches should encourage participants to establish a personal. This can be related to the clubface at impact, getting the ball in the air, scoring during the game, etc.

Key Commitment Objective: Players build positive self-identity by understanding and accepting their current ability compared to their own performance.

Golf Knowledge Objective: Players must hit from the same set of tee boxes on every hole. If a player or caddie break a rule, penalty strokes will be added their score.

Rules & Etiquette: Introduce when your ball is on the green you can mark, lift, and clean it. Review how to properly mark, lift, and replace your ball. on the green.

Guiding Questions: What do you do if your ball goes into a penalty area? How many times did you hit the ball with your clubface pointed towards your target?

Wrap Up:

How will you use Personal Par when you play golf?

How can you grown your self confidence?

Why is it important to clean your golf ball?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: