

Lesson Plan 17 • Dealing with Challenges On & Off the Course

Lesson Intentions:

Participants will be able to state and demonstrate the 4Rs in their post-shot routine.
Players will learn what to do if their ball moves when they're making a stroke.
Players will be able to use the 4Rs on and off the golf course.

Warm Up:

Strength: Hold a plank for one minute. Remind players to relax and focus on breathing.
Flexibility: Touch your toes 10 times and have players hold at the bottom for 5 seconds while breathing in and out to relax.
Balance: Balance on each leg for 30 seconds. After each repetition players replay their performance then redo.
Guiding Question: How did breathing help you relax when you were stretching?
How does warming up help makes us ready to play?

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: 1-2-3 Putting Game

Modeling: Golf Skill: Putting; Review Get Ready to Swing. Coaches should help Players develop a post-shot routine by promoting the use of the 4Rs after each shot, to help them refocus and respond to positive and negative outcomes.

Activity: Players will play a 9-hole putting course with short, medium, & long holes. Players should go through their post-shot routines and discuss results after each 9-hole round. Coaches take strokes off of their total score for Players who use their post-shot routines. Players should be paired together for accountability and support.

Key Commitment Objective: Putting can be a challenge. Even if the putt misses, a player should watch the putt until it stops to help them get ready to redo the putt next time.

Golf Knowledge Objective: Introduce Players to what happens if their ball moves.



Rules & Etiquette: Players learn to life and identify their golf ball. Players learn special rules for identifying their golf ball in a bunker.

Guiding Questions: How hard was it to relax when the ball passed the hole? Why is it important to continue watching the ball pass the hole?



Key Commitment: Growing through Challenge
Golf Fundamental/Factor of Influence:

Post-shot Routines

Character Behaviors:

Participants can state 4Rs and understand how to apply to their post-shot routines

Participants understand how the 4Rs can be used to address challenges both on and off the course.

Key Terms:

Player
Caddie
Opponent
Outside Agency

Age 12-13

Lesson Plan 17

Chipping Green: Tic-Tac-Toe


Modeling: Golf Skill: Chipping; Review Get Ready to Swing. Coaches should help Players develop a post-shot routine by promoting the use of the 4Rs after each shot, to help them refocus and respond to positive and negative outcomes.

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. Coaches should help players create or refine their post-shot routine. Coaches can reward players who use their post-shot routine. For example; if a player uses their post-shot routine, they will be allowed to hit an extra shot.

Key Commitment Objective: Players will learn how different emotions can or will affect someone in challenging situations.

Golf Knowledge Objective: Playing learn what to do if the ball moves while making a stroke.

Guiding Questions: How does the centeredness of your hit on the clubface affect the feel or direction of your shot? What kinds of steps do you take before each shot to reach your target goal?



Rules & Etiquette: Importance of an identifying mark on your golf ball. While searching for a lost ball, accidentally moved, should be replaced. If an outside influence moves a player's ball, they do not add strokes as long as they put it back where it was.


Driving Range: Tee to Green

Modeling: Golf Skill: Full-Swing; Review Get Ready to Swing. Coaches should help Players develop a post-shot routine by promoting the use of the 4Rs after each shot, to help them refocus and respond to positive and negative outcomes.

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: Participants learn a positive mindset can help using the 4Rs and post-shot routine be successful.

Knowledge Objective: If a player deliberately causes their ball to move, the player must add 1 stroke to their score.



Rules & Etiquette: If a player or caddie deliberately cause their ball to move, the player must add 1 stroke to their score. Players are responsible for finding and identifying their own golf ball.

Guiding Questions: How did your emotions affect your next shot? How can your emotions affect others around you? What happens if you accidentally move your ball?

Wrap Up:

How can 4Rs be applied to your post-shot routine? What can you learn from challenges you face? When should you use a post-shot routine? What is unique about your post-shot routine?

**Good
Better
How**

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

Better:

How: