

# Lesson Plan 18 • Embracing Identity -Building Self-Conficene

## Lesson Intentions:

Players go through challenges where they will be asked to use and explain how they used STAR. Players will discuss what they're mentally going through in their pre-shot routine, and how that can affect their shot. Players will learn about the requirements of a proper drop that won't stay in the right space.

## Warm Up:

Bear Crawl (10 yards)

Push-ups (5 regular or 10 on knees)

Jump and Turn (180 or 360 degrees)

Guiding Question: If you think about one thing you could do better in this warmup what could be an easy thing to improve? Compare it to the first step on a goal ladder.

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; Pre-Shot and Post-Shot Routines. Get Ready to Swing - hold, explore stance width, reinforce clubface to target.

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 balls falls in the hole (for a total of 6 points if they hole the ball out in 1-stroke). Players use Pre-shot routine to help with proper alignment and clubface direction and Post-shot routine for improvement.

Key Commitment: Coaches introduce positive words of affirmation between shots.

Golf Knowledge Objective: Players discuss different pre-shot routines for different shots.



**Rules & Etiquette:** Introduce that players do not have to take the flagstick out when putting, but must decide before hitting their putt.

Guiding Questions: What kind of thoughts are you having during your routine? How were you able to use STAR?



**Key Commitment: Embracing Identity & Bulding Conficene**

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

**Golf Fundamental/Factor of Influence: Pre-Shot and Post-Shot Routines**

**Character Behaviors: Participants understand what it means to be a Game Changer and recognize that they are developed daily, not in a day.**

**Participants are openly exploring their natural abilities and talents and applying them on and off the course.**

**Participants can utilize the STAR method and apply it to situations they encounter on an off the course.**

## Key Terms:

General Penalty  
Bunker  
Loose Impediments  
Tending the Flagstick

Age 12-13

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## Chipping Green: Battleship Chipping

**Modeling:** Golf Skill: Chipping; Pre-Shot and Post-Shot Routines. Get Ready to Swing - hold, explore stance width, reinforce clubface to target.

**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.

**Key Commitment Objective:** Coaches help with the use of STAR

**Golf Knowledge Objective:** Players go through different Pre-shot Routines using positive affirmations

**Guiding Questions:** Did you use your Pre-Shot Routine on every shot? Was How was STAR helpful?

**Rules & Etiquette:** Introduce players cannot test the surface of the green while playing a hole by rubbing the surface or rolling a ball.

## Driving Range: Through the Gates

**Modeling:** Golf Skill: Pre-Shot and Post-Shot Routines. Get Ready to Swing - hold, explore stance width, reinforce clubface to target.

**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.

**Key Commitment:** Coaches help players use a positive mindset towards difficult putts, and encourage the use of STAR.

**Golf Knowledge Objective:** How will routines vary with different shots and why?

**Rules & Etiquette:** Introduce that players may remove loose impediments in the bunker.

**Guiding Questions:** How can you apply star while playing? Did your pre-shot routine change today? If so, why?

## Wrap Up:

How can your unique talents and abilities contribute to your success? How can you apply STAR off the course? Is your pre-shot routine the same for every shot? How do we know when a ball is in a bunker?

**Good  
Better  
How**

Good #1:

Good #2:

Good #3:

Better:

How: