

# Lesson Plan 24 • Being Trustworthy; Building a Trustworthy Team

## Lesson Intentions:

- Participants identify what it means to be trustworthy.
- Participants identify trustworthy individuals for their Go-To Team.
- Participants what it means to trust themselves and their intuition.
- Participants embrace being trustworthy as a responsibility.

## Warm Up:

- Jumping Jacks (10 minimum)
- Lunges (5 each for each leg)
- Airplane Balance (one leg at a time)
- Guiding Question: What did you notice about the pace or tempo of your movements? How is intentional pace and timing of breathing important when stretching?

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: Pre-Shot and Post-Shot Routines.

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. While playing each hole, Players use Pre-shot routine to help with proper alignment and clubface direction and post-shot routines for improvement.

Key Commitment: Players use good judgment when putting and trying to hit the ball in the center every time.

Golf Knowledge Objective: Players learn what happens when a ball is on the lip of the hole and doesn't fall in 10 seconds.



**Rules & Etiquette:** Introduce a sometimes a player may mark their ball when off the putting green, such as when taking relief.

Guiding Questions: While putting, what did you see that would make someone a trustworthy person? What do you do if the ball is lying against the flagstick.?



**Key Commitment:** Embracing Using Good Judgment

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

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

**Character Behaviors:**

Participants can define what it means to be trustworthy.

Participants can identify trustworthy individuals as members of their Go-To-Team.

Participants embrace being trustworthy as a responsibility.

## Key Terms:

- Wrong Green
- Flagstick
- Wrong Place
- Serious Breach

Age 14+

## Lesson Plan 24

### Chipping Green: Battleship

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

**Activity:** Coaches set up one or multiple battleships using survey tape, or other materials. Each team will use a different colored golf ball to track their shots. Players work in teams to chip a ball into each section of the Battleship before the other team. For more skilled participants, Coaches can increase the number of golf balls that must hit each section.

**Key Commitment:** Participants use judgment by rating shots based on the contact and how it felt.

**Golf Knowledge Objective:** Participants learn how post-shot routines can help them stay positive.

**Guiding Questions:** Describe what a shot feels like on the center of the face. Was it hard to trust your partner with scoring? Why?

**Rules & Etiquette:** Discuss what to do when you don't know a ruling. Who can be on your Go-To Team for rules?

### Driving Range: Through the Gates: Full Swing

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

**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 noodles they receive 5 pts. If the shot starts outside of the noodles but finishes between them it's 5 pts. If the shot starts and finishes between the noodles it's 10 pts. Players use Pre-shot routine to help with proper alignment and clubface direction and post-shot routines for improvement.

**Key Commitment:** Players should be trustworthy by keeping an honest score.

**Golf Knowledge Objective:** Players learn how being positive during their routines can give them more self-confidence.

**Rules & Etiquette:** Introduce what to do if a ball lands on the wrong green, or a wrong green interferes with their stance or swing. Must find nearest point of relief.

**Guiding Questions:** Thinking of all your partners, were you able to find some who would be good Go-To team members? Why did they make you believe this?

### Wrap Up:

What does it mean to be trustworthy? Why is it important to listen to your intuition? Why is clubface awareness important? When can you play two balls on a hole? What do you do when your ball comes to rest on the wrong green?

**Good  
Better  
How**

Good #1:

Good #2:

Good #3:

Better:

How: