

Lesson Plan 22 • Learning from Failure and Dealing with Adversity

Lesson Intentions:

Review Dealing with Conflict using CARE

Review Get Ready to Swing and introduce Body Balance, Start, Hold Finish, weight distribution

Introduce the acronym FAIL: First Attempt In Learning

Golf Rules: When play is stopped for reasons such as a rain delay, players will mark their ball even when off of the green.

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: Players will explore and become more aware of Body Balance in the set-up, during the swing, and in the finish.

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 determine what their weight distribution is and attempt to maintain their weight distribution through the finish. Coaches can have them change their weight in a variety of weights to create more awareness and exploration.

Golf Knowledge Objective: Determine the weight distribution that gave you the most success and share with other Players/Coaches.



Rules & Etiquette: Introduce Order of Play for Match & Stroke Play. Outline a Teeing Area and that only the ball must be within the Teeing Area. Striking the wrong ball: 2-stroke penalty.

Guiding Questions: What did you discover about your Body Balance? How do you think balance can affect your putting skills? How could you apply FAIL during this activity?



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Growing Through Challenge

Golf Fundamental/Factor of Influence: Body Balance, Set-up, swing, & finish.

Character Behaviors:

Participants learn that FAIL is their First Attempt In Learning

Participants understand the value of a growth mindset when dealing with adversity and failure.

Participants see mistakes and setbacks as learning opportunities.

Key Terms:

Conforming Club
Conforming Ball
Stoppage of Play
Substituting a Ball
Teeing Area

Age 14+

Lesson Plan 22

Chipping Green: Battleship

Modeling: Golf Skill: Players will explore and become more aware of Body Balance in the set-up, during the swing, and in the finish.

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. Coaches should continue having participants explore Body Balance in the set-up, swing, & finish.

Golf Knowledge Objective: At the beginning of a hole or round, a player must not have more than 14 clubs.

Guiding Questions: What did you learn about your weight distribution while chipping? What adjustments did you make to improve? What challenges did you face and how can you learn and grow from them?

Rules & Etiquette: A player may alter the surface of a teeing area, such as pressing down soil, or making an indentation. Players should do their best not to go in front of other players in their group.

Driving Range: Through the Gates: Full Swing

Modeling: Golf Skill: Players will explore and become more aware of Body Balance in the set-up, during the swing, and in the finish. Discuss and explore how their weight distribution before, during, and after the swing might be different with different clubs/shots.

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.

Golf Knowledge Objective: Players learn that their clubs and golf balls must conform to USGA standards.

Rules & Etiquette: Players may substitute a ball when lost, out of bounds, or damage to the ball has occurred. Penalty for starting a hole or round with more than 14 clubs. How to mark a ball during stoppage of play.

Guiding Questions: How was your balance different than with putting or chipping? Was your balance different with different clubs/shots? How did you grown through failure during this activity?

Wrap Up:

How can a failure become your First Attempt In Learning? What does it mean to fail forward? How can you learn from failure and overcoming adversity? What did you learn about Body Balance? How can balance be applied outside of golf? What did you learn about conforming equipment? What are you allowed to alter on a teeing area?

**Good
Better
How**

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

Better:

How: