

Lesson Plan 3 • Making Good Choices: Doing the Right Thing

Lesson Intentions:

Demonstrate how Get Ready to Swing stance and hold is different in your putter vs. other clubs
Review different ways to hold the club for putting (roll ball on ground) vs full swing (ball in the air)
Explore how different clubs carry different distances in the air
Explore Distance Response in putting through different length of swings and in full swing by trying different clubs.
Explore Using Good Judgment by choosing to be honest when keeping your own score. Remind players that the lowest score wins.
Identify the difference between stroke and match play in golf.

Warm Up:

Standing Stretches
Arm Circles (small, medium, large)
Underhand Ball Toss to Target (short, medium, long distances)
Guiding Question: What did you have to change to make the ball reach each target?

Putting Green: 1,2,3 Putting

Modeling: Golf Skill: Putting; Get Ready to Swing (what it looks like to get setup for a putt; how to hold a putter); Y-Putt-Y

Activity: Coaches will set up several holes and tee boxes on the putting green with a mix of short, medium, and long putts. **Round 1** Participants will get one stroke at each hole to try and make the putt. If they make it, participants will yell "Ace!" If they miss it, they simply pick up the ball and move to the next hole. **Round 2** Players get 2 strokes to try and make it in the hole. Again, if they make it in 1 stroke, have them yell "Ace!" Before moving on to the next part of the activity, ask players to think about why their first putt is so important. Next, coaches will explain the concept of Par and how it is relative to each hole. Then explain Birdie and Bogey. **Round 3** Establish the holes as Par 3's and have the players play a round, making sure they hole out before moving on to the next hole. Once they have holed out, players will call out their score as a Birdie, Bogey, Par, Ace, etc. You may want to add that if a player scores more than a double bogey, they are not required to call out their score. Make sure to connect using good judgment with the length of stroke needed for each putt and integrity when scoring.

Golf Knowledge Objective: Players understand the difference between Par, Birdie, Bogey, etc. Players understand that you must "hole out" before starting another hole. In stroke play, the winner is the player with the lowest score (least strokes).



Rules & Etiquette: How to play golf; Where & how to end a hole; Winner in stroke play is the person with the least amount of strokes; You must hole out to complete a hole before making another stroke to begin another hole

Guiding Questions: What was so important about your first putt, especially for Rounds 1 and 2? Was it easier to get your ball in the hole when your ball was closer or farther from the hole? How do you win in stroke play? Why might it be important to use integrity in golf?

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.

Key Terms:

Double Bogey
Bogey
Par
Birdie
Eagle
Ace
Scorecard



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Using Good Judgment

Golf Fundamental/Factor of Influence:

Distance Response/Size of Motion

Character Behaviors:

Participants understand the importance of honesty and integrity in the game of golf and in life

Participants recognize that doing the right thing is not always the easy thing

Participants demonstrate good judgment by choosing to demonstrate honest behaviors with themselves and others and exhibiting integrity

Age 7-9

Lesson Plan 3

Chipping Green: Tic Tac Toe Chipping

Modeling: Golf Skill: Chipping; Get Ready to Swing (what it looks like to get setup for a chip; how to hold a putter); Y-Chip-Y

Activity: Using rope, string or survey tape, create a large tic-tac-toe board on the chipping green (can adjust size of board or the location of chipping stations based on class skill level). Tip: Create a border around the tic-tac-toe board to eliminate any questions of the ball being in the square or out. This game is best played with two teams and different colored balls; however, it can also be played with a single color of balls and all participants working together to achieve three-in-a-row. Coach can also choose to play other variations such as 4-corners or blackout. Encourage players to connect the distance from their target square to using good judgment when deciding on the length of their swing.

Golf Knowledge Objective: Review the purpose of chipping and getting the ball as close as possible to the target - least number of strokes taken wins in stroke play. Understanding that you must take into account the conditions of the course and how far away your target is when choosing the club and type of shot you want to hit.

Guiding Questions: Did the length of your swing change depending on which square you were hitting towards? Did your swing look exactly like your partner's swing? If your partner breaks the rules, does that mean it's OK for you to break the rules too? Why or why not?

Rules & Etiquette: Winner in stroke play is the person with the least amount of strokes; You must hole out to complete a hole before making another stroke to begin another hole

Driving Range: Tee to Green

Modeling: Golf Skill: Full-Swing; Get Ready to Swing (what it looks like to get setup for a shot; how to hold a club); L-Hit-L

Activity: Coaches will set up targets on the driving range at varying distances to simulate varying distances of holes (par 3s, 4s, and 5s). The coach or each player/group will decide the type of hole they are playing: Par 3, 4, 5 – is it a really long hole, or relatively short hole? Then each player will get between 2-4 golf balls per turn depending on skill level to “play” the hole. They are only allowed to use a tee on their first shot of each turn to symbolize their tee shot; the following balls must be played from the ground, allowing kids to change clubs between shots depending on their next shot. Encourage players to take into account different conditions to make the best decision on the club they should use for each shot. Participants must be honest with themselves as they rank each turn or “hole” with a smiley face or happy face or other scale. Play a 3, 6 or 9-hole “course”.

Rules & Etiquette: How to play golf; Winner in stroke play is the person with the least amount of strokes

Golf Knowledge Objective: Understanding that each player may use different clubs for each shot depending on the distance of the shot to their target and conditions.

Guiding Questions: How can you change the distance your ball goes when making a full swing? Why did you choose a certain club for a shot?

Wrap Up:

If someone else uses a different club, should you change the club you think is best for you? How would you use good judgment in this situation? What kinds of things should you be aware of when deciding how to play a shot and what club to use? Where else might you run into a situation where you had to use good judgment when making choices away from the golf course? At home? In school? Is doing the right thing always easy? How does a player win in stroke play? Can you start another hole before holing out on the previous hole?

Good
Better
How

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

Better:
How: