

Lesson Plan 1 • Welcome to First Tee: Let's Work Together

Lesson Intentions:

- Introduce how to hold the club and where to stand to Get Ready to Swing.
- Introduce Distance Response by allowing players to explore swings of different sizes.
- Introduce that players start the hole on the tee box and end the hole on the putting green.
- Introduce the number of holes, and order of play.
- Teach players how to give a proper handshake.

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?

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: Progressive 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: Working in teams, participants will putt from a starting tee box to a hoop approximately 2-3 feet in front of them. Each time a participant makes a ball in the hoop, they may move the hoop a couple feet farther from their starting tee box. Participants will take turns putting to the hoop and work together to move the hoop back as far as possible within the given time limit, or race to putt to the farthest distance needed to "win" as designated by the coach. If you have a group with a majority beginner golfers, try starting the activity by having them roll the golf ball underhand, then transitioning to the putter.

Encourage participants to learn more about each other by asking teammates questions such as: What is your favorite flavor of ice cream? What month were you born? Do you have a pet? What is your favorite school subject?

Golf Knowledge Objective: Introduce the part of the course they are standing on is called the putting green. This is where we find the hole and where we end each hole. Introduce the putter and parts of the club.



Rules & Etiquette: How to play golf; Where & how to end a hole; Respect others & your surroundings; Following the rules & using honesty

Guiding Questions: What golf skill did we just learn? How do you make it happen? How did you work with your teammates? What did you learn about putting with different sized swings? Where do we end the hole?

Key Terms:

- Teeing Area
- Tee Box
- Putting Green
- Fairway
- Rough
- Bunker



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Collaborating with Others

Golf Fundamental/Factor of Influence:

Distance Response/Size of Motion

Character Behaviors:

Participants understand the impact of their words and actions and can show respect and courtesy to themselves, others, and their surroundings.

Participants can recognize things that they have in common with their peers and appreciate their differences.

Participants understand that collaborating with others is better when they show respect and demonstrate courtesy.

Age 10-11

Lesson Plan 1

Chipping Green: Leapfrog 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: Working in teams, participants will chip from off the green to different distances between two lines on the putting green. Players hit one shot each and each shot must finish in the section directly after the previous section reached, starting with the shortest distance from the players. Coaches can play this as a competition to see who can leapfrog to the farthest section and back fastest. If you have a group with a majority beginner golfers, try starting the activity by having them toss the golf ball underhand, then transitioning to the iron.

Encourage participants to learn more about each other by asking teammates questions such as: What is your favorite restaurant? What is your favorite hobby? Do you have any siblings?

Golf Knowledge Objective: Introduce the part of the course they are chipping to is called the putting green. This is where we find the hole and where we end each hole. Introduce the iron and parts of the club. Purpose of chipping.

Guiding Questions: What golf skill did we just learn? How do you make it happen? How did you work with your teammates? What did you learn about chipping with different sized swings? Where do we end the hole?

Rules & Etiquette: How to play golf; Where & how to end a hole; Teeing area & rules; Respect others & your surroundings

Driving Range: Football Golf

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: Set up a series of lines representing all four downs with an endzone at the end and noodles as a field goal. Teams must alternate shots to stop the ball at the first down, then second down, and third down before they score a touchdown. Players work together as a team to get touchdowns and encourage each other by giving proper handshakes. Encourage participants to learn more about each other by asking teammates questions such as: Where is the coolest place they have been? What kind of music do they like? Do they have a favorite sports team?

Golf Knowledge Objective: Introduce the part of the course they are on as the driving range. This is where we can practice our tee shots and full swings. Introduce the iron and/or driver and parts of the club.

Rules & Etiquette: How to play golf; Where to start a hole; Teeing area & rules; Respect others & your surroundings; Following the rules & being honest

Guiding Questions: What golf skill did we just learn? What did you learn about adjusting the size of your swing? How did you encourage your teammates? Where do we start the hole?

Wrap Up:

What golf skills did you learn? Can someone show me how to hold the club? What did you learn about working with others? How did it feel when teammates encouraged you? How did it feel to encourage others? Where do we start and end the hole? How do you complete a hole? How do we know who plays next after we tee off? What are some things you learned about your classmates? What does a proper handshake look like?

Good
Better
How

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

Better:
How: