

## Lesson Plan 7 • On Your Mark, Get Set, Goals!

### Lesson Intentions:

Players will learn to mark their golf ball on a putting green.

Players will set goals with activities provided and discuss how they could reach them.

Players will continue to work on different sizes and lengths of motion = different distances with their golf ball.

Due to the active use of 'frogs' in the day - use 'Frogger' as the discussion focus! Frogger has a goal in mind in the game - to get to the other side. Sometimes he jumps a short distance, sometimes he jumps far.

### Warm Up:

Frog jumps - set goals for as many as they can in 2 minutes

Arm Circles - 30 sec

High Knees - set goals for as many as possible in 1 minute

Hot Potato toss - partners step back each time they catch it

Guiding Question: Which activity was easiest to set a goal for? Hardest? Why?

What did you have to change as you and your partner got farther away from each other in the hot potato toss? Did you achieve any goals during the warmup?

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: Around the World

Modeling: Golf Skill: Putting; Get Ready to Swing (deciding on a length of swing for each putt); Y-Putt-Y

Activity: Set up 4 or more tees around a hole in a circular shape, the same distance from the hole for each location.

Participants will work their way putting around the hole from each tee. Before they hit each putt, they will properly mark their ball and select a target to putt at, then properly remove their mark before they make their stroke. Participants can set goals as to how many putt they hope to make at each Around the World hole.

Golf Knowledge Objective: Players must learn how to properly mark their ball and choose a target to putt at. Understand that having a target is even important in putting.



**Rules & Etiquette:** You can identify your ball by seeing where it came to rest or seeing your identifying mark on the ball; If you need to lift the ball to identify it, it must first be marked, cannot be cleaned beyond what is needed to identify it, and must be replaced in its original spot and condition.

Guiding Questions: How did you determine your target to putt at? How can marking your ball on the putting green help you setup for a better stroke? Why might marking your ball be a courteous thing to do when playing with others?

### Key Terms:

Identifying Mark



**Lead Coach:**

**Lesson Length:** 90 minutes

**Key Commitment:** Pursuing Goals

**Golf Fundamental/Factor of Influence:**

Target Awareness / Distance to Target

**Character Behaviors:**

Participants understand that goals are a way of setting expectations.

Participants learn that the process of pursuing goals is important because there is much to learn from achievements and setbacks.

Participants demonstrate pursuing goals by sharing goals with their coaches and friends and working toward achieving them.

Age 7-9

# Lesson Plan 7

## Chipping Green: 21 Triangle Chipping

**Modeling:** Golf Skill: Chipping; Get Ready to Swing (demonstrate visualizing the target distance and the length of swing you'll need for the next shot); Y-Chip-Y

**Activity:** Create a triangle on the chipping green that is divided into 4-5 sections with the top triangle as the smallest section and the farthest point from the hitting stations. Each section will be worth fewer points as they get closer to the stations. (Ex. 7-5-3-1 with 1 being the closest section. Players will work within their groups to try and get exactly 21 points by chipping their ball into the sections. If they go over 21 points, they bust, and return back to 10 points. Have participants set goals for themselves and their teams for achieving a score of 21.

**Golf Knowledge Objective:** Players will need to learn to adjust their length of swing according to the distance from their target area.

**Guiding Questions:** How big of a swing did you need to make the first section? The second? What was your goal? Did you make it to 21? Did you 'bust' at any point? What did you learn from 'busting'?

**Rules & Etiquette:** You can identify your ball by seeing where it came to rest or seeing your identifying mark on the ball; if you need to lift the ball to identify it, it must first be marked, cannot be cleaned beyond what is needed to identify it, and must be replaced in its original spot and condition.

## Driving Range: Phase Challenge

**Modeling:** Golf Skill: Full-Swing; Get Ready to Swing (what helps us determine the distance to a target; how to we prepare for the next swing); L-Hit-L, L-Pitch-L

**Activity:** Set up a series of targets spread out across the range at varying distances such as 25 yds, 50 yds, 75 yards, 100 yards. Each target is a 'phase'. Participants must identify and hit to the shortest target (Phase 1) and then progress to the farthest target (Phase 4) in order. Participants should set goals for themselves on how many swings it will take them to get through each phase.

**Golf Knowledge Objective:** Players must identify a distance from their target and determine the length of swing necessary to reach their target.

**Rules & Etiquette:** You can identify your ball by seeing where it came to rest or seeing your identifying mark on the ball; if you need to lift the ball to identify it, it must first be marked, cannot be cleaned beyond what is needed to identify it, and must be replaced in its original spot and condition.

**Guiding Questions:** What tools can help you determine how far your shot is? Are there markers on the course that can help you? What if your target isn't the flag? What goals did you set for yourself here? Are goals always related to your performance?

## Wrap Up:

What is a goal? Why are goals important? What are some goals you have at home or school? What can you learn from accomplishing a goal? What can you learn from missing a goal? How does the distance from your target affect your swing? How can you determine the distance from your target? What kind of items can you use to mark your ball on the putting green? Off the putting green? How do you mark your ball if you need to identify it somewhere off of the putting green? Why is it important to have an identifying mark? What does an identifying mark look like?

**Good  
Better  
How**

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

Better:  
  
How: