

Lesson Plan 8 • Play with Perseverance: Commit, Don't Quit!

Lesson Intentions:

Players will understand the importance of persevering through challenges and struggles.

Players will develop an understanding that skills and objectives might not be obtained on the first try, but they can learn from working through the challenges they face.

Players will demonstrate persevering on the golf course and growing through challenge by trying their best.

Players will work on setting up to the ball and making good contact for consistent shots.

Players will understand the importance of pace of play.

Warm Up:

Planks - 30 sec hold x3

Arms Circles - 30 sec forward, 30 sec backwards

Superman Balance - hold a superman pose on 1 foot; 30 sec/foot

Jump forward-Backward-Side-to-Side - 60 sec

Guiding Question: Which activity was the most challenging? Were you able to push through it? How did you feel after completing the challenge?

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: Putting Tournament

Modeling: Golf Skill: Putting; Get Ready to Swing (choosing a target for each putt); Y-Putt-Y

Activity: Set up a 6 or 9-hole putting course with short, medium and long putts. Using scorecards, have participants complete the putting course, making sure to write down their score after each hole. After each round, participants should identify 1-2 holes that they struggled with and try to improve upon those holes on the next round. Participants should complete at least 2 rounds, preferably 3 or more, each time identifying holes that were challenging. Players should recognize that they may play one hole well on one round, and struggle on that hole on a different round. We almost never play the same hole the exact same way.

Golf Knowledge Objective: Players must keep their pace of play in mind when playing a round of golf; make sure to be ready when it is your turn and keep up with the group in front of you; record scores of the previous hole on tee box of the next hole.



Rules & Etiquette: A player must start their round at their tee time - not before or after; Players must not unreasonably delay play during or between holes; Players are expected to have a prompt pace of play.

Guiding Questions: Did you have any holes that were particularly challenging? How did you keep your spirits up when you had a challenging hole? What did you learn from persevering through that challenge?

Key Terms:

Pace of Play
Tee Time



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Growing through Challenge

Golf Fundamental/Factor of Influence:

Target Awareness / Distance to Target

Character Behaviors:

Participants understand the importance of persevering through challenges and struggles

Participants will demonstrate perseverance on and off the golf course by doing their best and not giving up, even when obstacles make it difficult.

Age 7-9

Lesson Plan 8

Chipping Green: Tic-Tac-Toe Chipping

Modeling: Golf Skill: Chipping; Get Ready to Swing (selecting a target to aim at while taking into account the slope of the shot); Y-Chip-Y

Activity: Coaches setup a tic-tac-toe board using string/rope/etc. on the chipping area. (Pro Tip: Outline your tic-tac-toe board with a square so there is no question as to whether a ball is within the board.) If you have access to 2 different colors of balls, separate groups into teams and see who can get 3 in a row first. If you only have one color of ball, have the class work as one team to accomplish the goal. Vary the goal each round: 3-in-a-row, 4-corners, blackout, 'X', etc. Coaches should have players rotate through different stations as well to show that their aim and target should change.

Golf Knowledge Objective: Players will recognize that the target they aim at is not always where they want the ball to come to rest.

Guiding Questions: What was the most challenging part of this activity? How did you stay motivated to hit the next shot?

Rules & Etiquette: A player must start their round at their tee time - not before or after; Players must not unreasonably delay play during or between holes; Players are expected to have a prompt pace of play.

Driving Range: Home Run Derby

Modeling: Golf Skill: Full-Swing; Get Ready to Swing (choosing a target to aim at based on the wind); L-Hit-L, L-Pitch-L

Activity: Set up 3 noodles on the range in the shape of 1st, 2nd, and 3rd bases in a baseball diamond. Have the players work individually to hit 3 shots with irons over 1st, 2nd, and 3rd base. Once a player hits at least 1 shot over each base (can vary this goal depending on the skill level of the class) they are then allowed to go for the home run with their driver. Encourage players to take just 1 practice swing before hitting their shot, but to be mindful of their "pace of play" during the activity. Participants should also be reminded to continue to choose a target to aim over even when hitting their driver. Try and get them to visualize a fairway to hit towards.

Golf Knowledge Objective: Players should realize that the time they take at each shot affects other players on the course. Try to be ready when it is your turn and limit your practice swings (which can also save you some energy).

Rules & Etiquette: A player must start their round at their tee time - not before or after; Players must not unreasonably delay play during or between holes; Players are expected to have a prompt pace of play.

Guiding Questions: What are some things you think about while you are getting ready to hit your next shot? How could your "pace of play" affect others during the activity?

Wrap Up:

What is one thing you can tell yourself when things get tough? What does perseverance mean to you? How do you keep pace of play? Where should the clubface be aimed? What should you do if things become challenging at school or at home? What is some advice you can give a friend that is going through a challenge?

**Good
Better
How**

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

Better:

How: