

Lesson Plan 14 • Appreciating and Valuing Diversity

Lesson Intentions:

- Players will learn to acknowledge and appreciate the value of diversity, both on and off course.
- Players will learn a key commitment is Collaborating with others, learn to respect others perspectives, especially when they differ from their own while showing kindness and care.
- Players will recognize their own attitudes and considering the ways that they treat others.
- Players will understand and be able to explain diversity.
- Players will learn the rule of what happens if their ball strikes one that is not theirs.
- Players will learn what to do if their ball goes out of bounds. Review lost ball and penalty areas.

Warm Up:

How can warming up help reach a goal? How are these related to a golf swing? Why is balance important?

Walking Lunges - 15 yards

15 toe touches

Balance on each leg for 30 seconds

Ball toss while balancing on one leg - 10 each

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: Clubface Awareness. What is result of clubface direction to the target at impact?

Activity: Around the World can be set up two different ways. Version "A" has tees at 2', 4', & 6' from the hole and on 4 sides. Players put from each tee and count how many they make, putting from each tee just once. Point values can be adjusted, or just use the distance in feet for points, so 2' = 2pts and so on. Version "B" has cones or tees surrounding a hole from 10-15 feet, and each putt can be a different distance. Point values can be adjusted, or simply use 10pts for closest to the hole & 25 for a hole in one. Coaches help players connect distance response to consistent swing rhythm & tempo and help them find "their" tempo.

Key Commitment: Collaborating with others. Respect others perspectives, maybe they think the ball moves a different direction than someone else in the group. Maybe they have a different type of putting style.

Golf Knowledge Objective: What happens if your ball strikes another ball that is not your own? What if the ball goes out of bounds?



Rules & Etiquette: Ball is out of bounds only if the entire ball is out. Review parts of the course.

Guiding Questions: What is diversity? How can you demonstrate an appreciation for diversity? How can diversity and our differences be strengths? Why does collaborating with others depend on our ability to value and appreciate diversity? What

Key Terms:

Lost Ball

Unplayable Lie

Penalty Area

Back on the line relief

Lateral relief



Key Commitment: Collaborating with Others

Golf Skill(s): Putting, chipping, and full swing

Golf Fundamental/Factor of Influence: Clubface Awareness

Character Behaviors: Participants understand and are able to explain diversity. They demonstrate an appreciation of diversity. They recognize and value diversity and differences as strengths rather than challenges.

Age 10-11

Lesson Plan 14: Appreciating and Valuing Diversity

Chipping Green: 21 Triangle Chipping

Modeling: Golf Skill: Swing Rhythm, Swing Tempo, Swing Speed, Swing Sequencing

Activity: Coaches set up a triangle using survey tape or other material with 4 different sections. Players attempt to reach 21 points without going over, otherwise they return to 14 points. Point values beginning with the closest section are 1-3-5-7. Coaches help players connect distance response to consistent swing rhythm & tempo and help them find "their" tempo. Players should use multiple clubs and attempt to remain consistent with their rhythm & tempo, relying on club selection (judgment), & swing length to create different shots.

Key Commitment Objective: Collaborate with others, maybe their shot to the target looks different than your own.

Golf Knowledge Objective: How is the clubface related to the direction and how high or low the ball goes to the target?

Guiding Questions: What clubs did you use? When collaborating with your group, does everyone have the same type of chipping swing? Did everyone work together to come up with a plan to try to win the game?

Key Terms: Wrong Ball, Out-of-Bounds, Stroke, Distance Relief, Unplayable Ball

Driving Range: Target Phase Challenge

Modeling: Golf Skill: Swing Rhythm, Swing Tempo, Swing Speed, Swing Sequencing

Activity: Coaches set up a variety of targets using noodles. Before taking on the challenge, coaches help players explore & find "their" swing rhythm & tempo. Players attempt to hit shots through each set of noodles beginning with the closest one. The final target should be a challenging one! Coaches have players use a different club for each round and reinforce the same rhythm & tempo they established at the beginning.

Key Commitment: Did everyone work together in the group to follow the rules of the game? How does it feel if someone takes an extra turn? Is everyone's swing the same? How is your attitude affecting others around you?

Golf Knowledge Objective: How does the clubface change the way the ball travels when hit? What does the ball do if the clubface is closed, square or open at impact?

Rules & Etiquette: If a player thinks their ball may be lost or out-of-bounds they should hit a provisional ball from the tee box to help speed up play.

Guiding Questions: What should you do if you hit the wrong ball? Why is it important to put identifying marks on your golf ball? How does the direction of your clubface affect where your ball goes? Which golf skill is easiest for you to aim your clubface? Which is hardest?

Wrap Up:

READ THIS QUOTE: "When we seek to discover the best in others, we somehow bring out the best in ourselves." Have a discussion about what this quote means and allow participants to share any of their related experiences.

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: