

Lesson Plan 14 • Staying the Course

Lesson Intentions:

Staying the Course
Growing through Challenges
Collaborating with Others
Building Positive Self-Identity
Using Good Judgment

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

Putting Green: Putting Tournament

Modeling: Golf Skill: Body Balance and Balanced Finish

Activity: Coaches set up a challenging and fun 9-hole putting course for participants to play. Participants pair up and each have a scorecard. Players should exchange scorecards and ensure their name is on it. This is a great time for participants to experience what happens on the golf course. Introductions, growing through challenge, collaborating with others, building positive self-identity and using good judgment all can be demonstrated. Coaches have participants play as many rounds as time allows.

Key Commitment Objective: Reviewing and applying previous core lessons.

Golf Knowledge Objective: Players learn how an official round of golf is played.

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.



Rules & Etiquette: Introduce pace of play, being on time for tee time, & how to keep score.

Guiding Questions: What challenges did you face and how did you overcome them? How did you apply judgment during your round? How would you describe your balance & weight distribution?



Key Commitment: Dreams & Goals

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

Golf Fundamental/Factor of Influence: Body Balance & Balanced Finish

Character Behaviors: Participants understand that Par is a personal measure and varies from person to person.

Participants recognize the value of self-confidence and how it contributes to Positive Self-Identity.

Participants understand the difference between dreams and goals and how goals can turn dreams into reality.

Participants can understand and explain diversity.

Key Terms:

Moveable Obstructions

Loose Impediments

Abnormal Ground Conditions

Age 10-11

Lesson Plan 14

Chipping Green: Tic Tac Toe

Modeling: Golf Skill: Body Balance and Balanced Finish

Activity: Coaches create two teams, with each team using a different color golf ball. The first team to get 3 sections in a row wins the round. For additional challenges, coaches can require each team to get multiple golf balls in each section, or play until a team completes the entire board. While playing, coaches should help players with Body Balance in their set up, including weight distribution, and have players hold their finish to create awareness of a Balanced Finish.

Key Commitment Objective: Reviewing and applying previous core lessons.

Golf Knowledge Objective: Players review Loose Impediments

Guiding Questions: How can collaborating with others help you improve your chipping? What were you able to do to increase your self-confidence? What's the penalty for moving your ball while removing a loose impediment?

Rules & Etiquette: Introduce Abnormal Ground Conditions. Introduce Loose Impediments.

Driving Range: Home Run Derby

Modeling: Golf Skill: Body Balance through and Balanced Finish

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. Coaches should encourage players to be aware of their balance before, during, and after their shot. Discuss how this can help with both distance and accuracy.

Key Commitment Objective: Improving Positive Self-Identity by finding your way to swing.

Golf Knowledge Objective: Players learn how to start and remain balanced throughout the entire swing.

Rules & Etiquette: Introduce Movable Obstructions. What is it and what's the relief process?

Guiding Questions: What did you discover about your Body Balance during the swing? What did you discover about your swing that makes you unique.

Wrap Up:

How do you take relief from abnormal ground conditions? What success did you have today and how does that make you feel? Were you able to improve your balance today? If so, how?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: