

Lesson Plan 19 • Respecting & Valuing Diversity

Lesson Intentions:

Participants will be able to appreciate other points of view when they differ from their own opinion.
Participants will learn to celebrate their differences and learn from each other.
Participants will respect one another, and know their attitude makes a difference.
Participants will learn what a loose impediment is and how to properly remove it.

Warm Up: Diversity Warm-Up

Coaches ask participants questions and they select the warm-up exercise based on their answer.

If you prefer red - 10 squats, If you prefer blue - 5 lunges per leg

If you prefer minecraft - hamstring stretch, If you prefer fortnite - quad stretch

If you prefer Marvel - 10 jumping jacks, If you prefer DC - Elbows to Knees 5 per leg

Guiding Question: What can we learn from this warm-up?

Putting Green: 1-2-3 Putting

Modeling: Golf Skill: Clubface Awareness, Reinforce Get Ready to swing, Target Awareness & Selection, Centeredness of hit

Activity: Set up a 6 or 9-hole putting course which has an equal number of short, medium, and long putts. For the first round, participants should putt only one stroke on each hole to see if they can make it. After one stroke they should pick up and move on to the next hole. The second round the participants get two strokes; the third round, three strokes. Coaches have participants work together to improve alignment. Players should be aware of the clubface direction at impact and centeredness of hit. Have players make a note of their playing partner's differences. This could be in how they Get Ready to Swing, their putting stroke, process for aiming, physical and emotional responses, etc.

Key Commitment: Players work together to improve their alignment by listening to their playing partner.

Golf Knowledge Objective: Loose impediments: Unattached natural objects such as stones, leaves, twigs, insects



Rules & Etiquette: Introduce players may remove loose impediments anywhere on the course as long as they do not move their ball while doing so. If it moves they must replace it adding a 1-stroke penalty.

Guiding Questions: How did you work together to improve alignment? What did you learn about your partner's style of putting?



Key Commitment: Respecting & Valuing Diversity

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

Golf Fundamental/Factor of Influence: Clubface direction, Get Ready to Swing, Target Awareness & Alignment, Centeredness of Contact

Character Behaviors: Participants understand how they can appreciate, celebrate, and respect diversity.

Participants recognize how individual differences can contribute to team success.

Participants demonstrate and exhibit respect and appreciation of diversity.

Key Terms:

Loose Impediments
Movable Obstruction
Abnormal Ground Condition
Complete Relief
Back on line relief

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

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Chipping Green: Target Chipping

Modeling: Golf Skill: Clubface Awareness, Reinforce Get Ready to swing, Target Awareness & Selection, Centeredness of hit

Activity: Create a target-like shape on the green using rope, string or survey tape by making a small circle in the center, surrounded by a medium sized circle, then a final larger circle (think of sonar as a better visual). A ball stopped in the small circle is worth 100 points, the middle section is worth 50 points, and the outside circle is worth 25 points. Players work together as a team to determine which club is best and will give them the best chance of success. One round should include the club being selected by the other person. Players should be aware of the clubface direction at impact and centeredness of hit. Have players make a note of their playing partner's differences. This could be in how they Get Ready to Swing, their putting stroke, process for aiming, physical and emotional responses, etc.

Key Commitment Objective: Players should explore different clubs to gain a better understanding of how each works

Guiding Questions: What was it like having someone else pick

Golf Knowledge Objective: What is a weather? Who are the elements and

you make to help hit the target?

Rules & Etiquette: Introduce players are entitled to relief from any movable obstruction, for example a rake or towel.



Driving Range: Football Golf

Modeling: Golf Skill: Clubface Awareness, Reinforce Get Ready to swing, Target Awareness & Selection, Centeredness of hit

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 determine which club is best and will give them the best chance of success. One round should include the club being selected by the other person. Players should be aware of the clubface direction at impact and centeredness of hit. Have players make a note of their playing partner's differences. This could be in how they Get Ready to Swing, their putting stroke, process for aiming, physical and emotional responses, etc.

Key Commitment: How many differences can each player point out between them and their playing partner?

Golf Knowledge Objective: How can centeredness of contact affect the outcome of your shot?



Rules & Etiquette: Introduce if a player is certain their ball has come to rest in a movable obstruction but cannot find it, they they may take relief. If they do not know this they must treat it as a lost ball.

Guiding Questions: How can you apply star while playing? Did your pre-shot routine change today? If so, why?

Wrap Up:

What does it mean to appreciate diversity? How can you show respect for diversity? What did it look, feel, or sound like when hitting the center of the clubface? What happens if you move a loos impediment and your ball moves?



Good #1:

Good #2:

Good #3:

Better:

How: