

Lesson Plan 20 • Being a Go-To Person & Building a Go-To-Team

Lesson Intentions:

Review the value of diversity from previous lessons.
Review and connect elements of Get Ready to Swing.
Experience and explore swing rhythm & swing tempo.
Golf Rules: Understand different types of penalty areas. Introduce provisional ball.

Warm Up:

Set aside various items for a warm up, such as, noodles, galls, cones, etc. Divide class into 3-5 groups and assign a fitness category to each group. Participants work together to create a 1-minute warm up that each group will experience. The group that created the warm up will lead the exercise.

What skills did you discover others have that make them a good Go-To team member?

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: Swing Rhythm, Swing Tempo, Swing Speed, Swing Sequencing

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 putt 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: Players use good judgment by identifying key character traits of a Go-To Person.

Golf Knowledge Objective: Discover YOUR rhythm & tempo. Penalty areas.



Rules & Etiquette: Introduce to know when a player's ball is in a penalty area and when it is not.

Guiding Questions: How would you describe your rhythm & tempo? How does rhythm & tempo affect distance? What character traits do you have that make you Go-To Person?



Key Commitment: Being a Go-To Person & building a Go-To Team

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

Golf Fundamental/Factor of Influence: Swing rhythm & Swing Tempo

Character Behaviors: Participants understand the value of having a support network and demonstrate how to build one.

Participants demonstrate an understanding of how to ask for help and describe the benefit of helping others.

Participants identify ways they can be a Go-To Person and utilize good judgment to support making good decisions.

Key Terms:

Penalty Area
Provisional Ball
Lost Ball
Stroke & Distance
Out-of-Bounds

Age 12-13

Lesson Plan 20

Chipping Green: 21 Triangle

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: Use good judgment by determining the best club & swing rhythm/tempo.

Golf Knowledge Objective: Provisional Ball Rule

Guiding Questions: What traits have you noticed in others that might make them a good Go-To Person? What was the result after establishing YOUR swing rhythm/tempo?

Rules & Etiquette: Define the different types of penalty areas. Discuss most common options when taking relief.

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: How might someone's different character traits benefit your Go-To-Team?

Golf Knowledge Objective: What did you discover about your rhythm & tempo?

Rules & Etiquette: Introduce how to know when a golf ball is out-of-bounds and when it's not. Introduce a player has 3 minutes to search for a lost ball.

Guiding Questions: How would you describe your rhythm & tempo? How is it similar or different than others?

Wrap Up:

How can a Go-To-Team help you use good judgment? What did you discover about your rhythm & tempo? What did you learn about playing a provisional ball? How can you be a good Go-To-Person?

Good
Better
How

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

Better:
How: