

## Lesson Plan 21 • Staying the Course

### 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:

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: Preshot and Postshot Routines

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. Coaches have players go through preshot and postshot routines during their round and discuss how this can improve their performance.

Key Commitment: Using STAR along with a preshot routine.

Golf Knowledge Objective: When someone can declare a lie to be unplayable.



**Rules & Etiquette:** : Introduce an Unplayable lie and the process for taking relief. Discuss the penalty for taking an unplayable.

Guiding Questions: How would you describe your rhythm & tempo? How did using STAR help you prepare for your shots? What did you learn about an Unplayable lie?



**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:** Preshot and Postshot routines

**Character Behaviors:** Participants recognize what it means to be a Game Changer.

Participants utilize STAR and are able to use it on and off the golf course.

Participants understand how to appreciate, celebrate, and respect diversity.

Participants recognize ways they can be a Go-To-Person

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.

### Key Terms:

Unplayable Lie  
Stroke & Distance Relief  
Back on line relief  
Lateral relief

Age 12-13

## Lesson Plan 21

### Chipping Green: Tic Tac Toe

Modeling: Golf Skill: Preshot and postshot routines

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. Coaches have participants go through preshot and postshot routines before each shot. They should try to identify what they do that's unique in their routines and be encouraged to own it.

Key Commitment Objective: Identifying unique individual qualities.

Golf Knowledge Objective: Good Pace of Play will allow you more chances to score.

Guiding Questions: What traits make your routine unique?  
What traits make you unique off of the golf course? What did you learn about Stroke & Distance?

**Rules & Etiquette:** Introduce Stroke & Distance relief. How many penalty strokes?

### Driving Range: Home Run Derby

Modeling: Golf Skill: Preshot and postshot routines

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.

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

Golf Knowledge Objective: What did you discover about your routines?

**Rules & Etiquette:** Introduce back on line relief. Introduce lateral relief. Discuss situations when these might apply.

Guiding Questions: What did you notice about other routines that were different? What could you learn from them? What is the difference between lateral and back on line relief?

### Wrap Up:

How are you demonstrating key commitments? What's the most important thing you've learned so far at First Tee? What did you learn about unplayable lies? What golf fundamentals do you want to work on the most?

Good  
Better  
How

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

Better:  
How: