

Lesson Plan 25 • Who am I? Embracing Identity & Demonstrating an Understanding of Self

Lesson Intentions:

Review importance of being trustworthy and surrounding yourself with trustworthy people.
Review Get Ready to Swing and connect them to Ball Flight.
Experience and explore ways to make the ball curve; identify shots that are more natural.
Consider things that make you YOU. Build positive self-identity on your strengths.
Introduce that players may ask to have a ball marked if it interferes with play anywhere on the course.

Warm Up:

Opposite elbow to knee 1 minute
Toss 2 tennis balls and attempt to catch both 10 times
Walking Lunges 5 per leg
Quad Stretch with eyes closed
If you could pick one motor skill as your best area, which one is it? Is it also your favorite?

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: 1-2-3 Putting

Modeling: Golf Skill: Determining curvature when reading the green. Matching speed and line.

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. Players read the green and see curvature to determine where to aim for breaking putts. Players understand the amount of break is connected to the speed the ball is traveling. Players determine "their" natural style of putting. Do you prefer to see more curvature and have the ball die near the hole, or see less curvature and see the golf ball hitting the back of the cup? Key Commitment: Build positive self-identity by playing the way YOUR brain processes information.

Golf Knowledge Objective: Understand the relationship between speed the ball travels and curvature in putting.



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: Which putting style fits your mind's eye best? Are you more aggressive or a lag putter? What are benefits of both?



Key Commitment: Embracing Identity & Demonstrating an Understanding of Self

Golf Skill(s): Putting, chipping, and full swing
Golf Fundamental/Factor of Influence: Ball flight/ Curvature

Character Behaviors:
Participants identify qualities, characteristics, attributes and skills that make them unique.

Participants are developing a greater understanding of self as they explore identity and the impact they want to have on the world.

Participants express positive self-identity.

Key Terms:

Wrong Spot
Embedded Ball
Pitch Mark
General Area

Age 14+

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Chipping Green: Target Chipping

Modeling: Golf Skill: Ball Flight/Trajectory. How Get Ready to Swing elements can affect Ball Flight, including club selection.

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 explore various parts of Get Ready to Swing, such as, ball position & club selection to learn more about how these affect Ball Flight.

Key Commitment: Players continue to build positive self-identity as they explore their way to play.

Golf Knowledge Objective Players explore their way to change trajectory for pitch shots.

Guiding Questions: How did you change the trajectory on your shot? What did you see of feel before your shot? (Practice swing for feel & visualization?) How do you feel when asked to describe yourself?

Rules & Etiquette: Introduce players may ask to have a ball marked if it interferes with play anywhere on the course. Introduce if your ball is embedded in the general area you are entitled to relief.

Driving Range: Football Golf

Modeling: Golf Skill: Ball Flight using trajectory and curvature. How Get Ready to Swing can influence Ball Flight.

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 use one club to create different ball flights while trying to hit different zones. Players intentionally try to curve the ball when scoring a touchdown. Coaches help players understand how Get Ready to Swing elements like ball position, alignment can affect curvature.

Key Commitment: Understand your golf self-identity and your way to play.

Golf Knowledge Objective: Intentionally create curvature and trajectory changes with full swings.

Rules & Etiquette: Introduce that to take relief from an embedded ball, take one club length no closer to the hole from the point immediately behind the embedded ball.

Guiding Questions: What did you do to create curvature? How did you change the trajectory of shots? Which type of shot comes more naturally?

Wrap Up:

How can understanding more about yourself help you have a positive self-identity? What are some unique qualities about yourself that you are proud of? What are some things you can do to change your shot trajectory? How do uneven lies affect shot trajectory and curvature?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: