

# Lesson Plan 26 • Planning for the future; A Game Changer's Game Plan

## Lesson Intentions:

Participants discuss and understand visualization and it's purpose on and off the golf course.  
Experience and explore swing rhythm & swing tempo.  
Participants discuss the right time to use a 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.

How did your group come up with a Game Plan?

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: Discover how adding good swing rhythm & tempo to your Game Plan can help overcome challenges.

Golf Knowledge Objective: Planning for each shot by visualizing how the ball will roll & seeing it go in the hole.



**Rules & Etiquette:** Introduce how to know when a player's ball is in a penalty area and when it is not. Introduce different types of penalty areas.

Guiding Questions: Were you able to visualize the putts you wanted? Did you stick to your plan on each putt? If not, why?



**Key Commitment: Embracing Planning for the Future:**  
A Game changer's game plan

**Golf Skill(s):** Putting, chipping, and full swing  
**Golf Fundamental/Factor of Influence:** Swing Rhythm/  
Swing Tempo

**Character Behaviors:**  
Participants understand how visualization is a tool they can use on and off the course.

Participants identify personal, educational, career, and life goals.

Participants create a personal and evolving game plan to further explore and work towards goals.

## Key Terms:

Penalty Area  
Stroke and Distance  
Lateral Relief  
Back on the line relief

Age 14+

# Lesson Plan 26

## 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: Players come up with a Game Plan for each section. (club selection, rhythm/tempo, visualization)

Golf Knowledge Objective Using visualization to see how the flight, landing, and roll out of a chip.

Guiding Questions: Were you able to create the shots you visualized? Did consistent swing rhythm/tempo help?

**Rules & Etiquette:** Introduce 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.

## Driving Range: Target Phase

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 closes 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: Players come up with a Game Plan for each section. (club selection, rhythm/tempo, visualization)

Golf Knowledge Objective: Stroke & Distance for lost ball or out of bounds

**Rules & Etiquette:** Introduce that if a player's ball is lost or out of bounds, they must go back to the previous spot and hit again. This is called stroke and distance.

Guiding Questions: How would you describe your rhythm and tempo compared to others? Were you successfully able to visualize each shot? What did you learn that will be part of your game plan moving forward?

## Wrap Up:

How can visualization be an effective tool on and off the course? How can a Game Plan help you to work towards goals? What should you do if your ball is lost or out of bounds? What did you discover about your swing rhythm and tempo?

Good  
Better  
How

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

Better:  
How: