

Lesson Plan 27 • Staying the Course

Lesson Intentions:

As you work through the First Tee Program, you've focused on the Key Commitments and applying everything you have learned about golf and yourself as you look to your future. As you grow and understand more about who you are and where you want to go in life, you'll find there are many opportunities and individuals around you that will guide you along your journey. You can change the game and change the world by simply being the best version of yourself, and you are well on your way

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

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: Putting Tournament

Modeling: Golf Skill: On course strategies. Self Management. Course management.

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 plan each hole to give them the best chance at scoring possible.

Key Commitment: Learning how strategies can help them play their best.

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: What strategies did you apply that helped your score? What would you do differently next time?



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: On course strategies, self management, course management

Character Behaviors:

Participants define what it means to be trustworthy

Participants can identify qualities, characteristics, attributes, and skills about themselves that make them unique

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+

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Chipping Green: Tic Tac Toe

Modeling: On course strategies, self management, course management

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 encourage teams to come up with a strategy and manage themselves and what they due while trying to complete the board.

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

Golf Knowledge Objective How STAR can help with planning.

Guiding Questions: How did you r team work together to plan for each round? How were you a good Go-to-team member? How was someone's differences beneficial to your performance?

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: Home Run Derby

Modeling: On course strategy, self management, course management

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?.

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 did course management play a role in the result? What changes to planning could you make in the future?
What game planning do you do outside of golf?

Wrap Up:

In what ways do you envision yourself being a game changer? How are you demonstrating key commitments of building positive self-identity & golf setting? What other lessons have you learned at First Tee this session?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: