

Lesson Plan 9 • Meeting & Greeting with ALR

Lesson Intentions:

Review Get Ready to Swing. Allow players to explore setting up with a narrower stance and choking down on the club for more control in putting, chipping and pitching.

- Explore pitching and chipping different distances based on club selection and length of swing.
- Discuss 5 steps for Meeting Someone New: (1) Face the other person, (2) look them in the eye, (3) firm handshake, (4) state your name, (5) if you need information, ask a question.
- Experience ALR (Ask-Listen-Respond) in various playing scenarios.
- Use ALR to help collaborate with your partner for greater success.
- Golf Rules: The consequences for penalties can be 1 or 2 strokes or loss of hole in match play.

Warm Up:

Jumping Jacks (10 minimum)

Lunges (5 each for each leg)

Airplane Balance (one leg at a time)

Guiding Question: How can exercise help you develop Grit?

Putting Green: Progressive Putting

Modeling: Golf Skill: Putting; Get Ready to Swing (what it looks like to get setup for a putt; how to hold a putter); Y-Putt-Y

Activity: Working in teams, participants will putt from a starting tee box to a hoop approximately 2-3 feet in front of them. Each time a participant makes a ball in the hoop, they may move the hoop a couple feet farther from their starting tee box. Participants will take turns putting to the hoop and work together to move the hoop back as far as possible within the given time limit, or race to putt to the farthest distance needed to “win” as designated by the coach. If you have a group with a majority beginner golfers, try starting the activity by having them roll the golf ball underhand, then transitioning to the putter. Coaches have participants continue using ALR to learn more about each other. Coaches may also rotate participants to different teams to meet others.

Golf Knowledge Objective: Penalty areas and how to properly drop a ball when taking relief. Coach will demonstrate how to drop a ball after taking relief. Players will use the proper way to drop their ball from relief to set up their next shot at their station

To end the warmup, coaches should demonstrate a proper handshake, then ask players use ALR with at least 3 different participants.



Rules & Etiquette: How to play golf; Where & how to end a hole; Respect others & your surroundings; Following the rules & using honesty

Guiding Questions: What golf skill did we just learn? How do you make it happen? How did you work with your teammates? What did you learn about putting with different sized swings? Where do we end the hole?

Key Terms:

Stroke Play
Match Play
Alternate Shot
Four Ball
Penalty
Stroke



Key Commitment: Collaborating with Others

Golf Skill(s): Putting, Chipping and Pitching

Golf Fundamental/Factor of Influence:

Distance Response/Size of Motion and

Club Selection

Character Behaviors:

Participants understand and can demonstrate the Five Steps for Meeting Someone New

Participants can state, understand the meaning of A-L-R, and can demonstrate how to use it in a golf setting and away from the course

Participants practice active listening and listening to understand

Age 10-11

Lesson Plan 1

Chipping Green: Leapfrog Chipping

Modeling: Golf Skill: Chipping; Get Ready to Swing (what it looks like to get setup for a chip; how to hold a putter); Y-Chip-Y

Activity: Working in teams, participants will chip from off the green to different distances between two lines on the putting green. Players hit one shot each and each shot must finish in the section directly after the previous section reached, starting with the shortest distance from the players. Coaches can play this as a competition to see who can leapfrog to the farthest section and back fastest. If you have a group with a majority beginner golfers, try starting the activity by having them toss the golf ball underhand, then transitioning to the iron. Coaches have participants continue using ALR to learn more about each other. Coaches may also rotate participants to different teams to meet others.

Golf Knowledge Objective: Penalty areas: Coaches outline and explain various penalty areas.

Guiding Questions: What golf skill did we just learn? How do you make it happen? How did you work with your teammates? What did you learn about chipping with different sized swings? Where do we end the hole?

Rules & Etiquette: How to play golf; Where & how to end a hole; Teeing area & rules; Respect others & your surroundings

Driving Range: Football Golf

Modeling: Golf Skill: Full-Swing; Get Ready to Swing (what it looks like to get setup for a shot; how to hold a club); L-Hit-L

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 work together as a team to get touchdowns and encourage each other by giving proper handshakes. Coaches have participants continue using ALR to learn more about each other. Coaches may also rotate participants to different teams to meet others.

Golf Knowledge Objective: Introduce the part of the course they are on as the driving range. This is where we can practice our tee shots and full swings. Introduce the iron and/or driver and parts of the club.

Rules & Etiquette: How to play golf; Where to start a hole; Teeing area & rules; Respect others & your surroundings; Following the rules & being honest

Guiding Questions: What golf skill did we just learn? What did you learn about adjusting the size of your swing? How did you encourage your teammates? Where do we start the hole?

Wrap Up:

What are your thoughts about the warm up? How did you use ALR to select the different exercises you each chose?

How does having a penalty area change your thinking and strategy?

What are some of the penalty areas on a golf course?

Why is it important to be able to communicate with others?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: