

# Lesson Plan 21 • Dealing with Conflicts: Making a Positive Impact

## Lesson Intentions:

Players can identify types of conflicts that can arise in a golf context ( rules disputes, cheating, slow play, disrespectful behavior, etc.)

Players can identify other types of conflict situations in their lives.

Players can demonstrate an understanding of a process for peacefully resolving conflicts and when to seek help.

Players can apply the CARE (Communicate, Actively Listen, Review Options, End with a Win Win) approach to conflict resolution in a golf setting.

Players will learn how to play the ball as it lies.

## Warm Up:

Standing Stretches

Arm Circles (small, medium, large)

Underhand Ball Toss to Partner (short, medium, long distances)

Guiding Question: What did you have to change to make the ball reach each target?

How did you use CARE to communicate with your partner on the ball toss?

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: 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. Distance Response - length of motion, club selection, speed/energy

**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. Participants should discuss with their partners their strategy before each putt. 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.

**Golf Knowledge Objective:** Introduce the term “General Area” and the excepts to the General Area: teeing area, bunkers, penalty areas, and putting green. Introduce the putter and parts of the club.



**Rules & Etiquette:** Respect others & your surroundings; Following the rules & using integrity; Players are responsible for applying the rules and calling penalties in the event of a rules breach; Types of penalties

**Guiding Questions:** How did you and your partner to figure out how to play this game? What are two golf rules that you might have learned in this game? How did you use CARE? What was the hardest part when you and your partner had two different ideas?



### Lead Coach:

**Lesson Length:** 90 minutes

**Key Commitment:** Collaborating with Others

**Golf Fundamental/Factor of Influence:** Distance Response/Size of Motion/Swing Length/Club Selection/Get Ready to Swing

### Character Behaviors:

Participants can identify types of conflicts that can arise in a golf context.

Participants can identify types of conflict situations in their lives and can demonstrate a peaceful process for resolution.

Participants can understand when to seek help resolving a conflict and can apply the CARE approach to conflicts in a golf setting.

## Key Terms:

General area  
Handicap

# Lesson Plan 21

## 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: Make sure there are an even number of groups. Groups will play against a group next to them for each match. Players 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. 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. Groups will play a match of 3 rounds (holes) against each other to see who can reach the farthest section in the least number of strokes, winning the round (hole). If they are tied, then the match is "all-square". Groups must announce to their competitor the number of strokes they've taken once they reach the farthest section. Explain that once a player sets down their golf ball, they must "play it as it lies".

Golf Knowledge Objective: Describe the General Area and its exceptions: teeing area, putting green, bunkers, penalty areas.

Guiding Questions: What does it mean to "play the ball as it lies"? How did you and your partner work together? How were you able to listen to each other when you thought your idea was better?

**Rules & Etiquette:** Respect others & your surroundings; Match play - winning a hole, tying a hole, conceding a hole/stroke/match; General Area & exceptions

## 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 racing against the team next to them to see who can get a touchdown in the least number of strokes and win the round (hole). The coach will designate a number of rounds that make up a match and teams will score each round as if they were playing match play on a course. If they are tied during the match they are "All-Square". Groups must announce the number of strokes to their competitors after each touchdown.

Golf Knowledge Objective: Describe the General Area and its exceptions: putting green, teeing area, bunkers and penalty areas. Describe in a round of golf what a handicap is, when you announce your handicap and what its used for.

**Rules & Etiquette:** Respect others & your surroundings; Players are responsible for following the rules; Match play - winning a hole, tying a hole, conceding a hole/stroke/match; Handicaps in golf; Keeping score and signing scorecards

Guiding Questions: What golf skill did we just learn? What did you learn about adjusting the size of your swing? How might you approach someone who was counting their score incorrectly? What are handicaps used for?

## Wrap Up:

What is a handicap? What does "play it as it lies" mean? What is the CARE approach? How could you use CARE to resolve conflict outside of First Tee? How were you able to show kindness when you and your friend had different opinions? What did you see today that was a good example of dealing with conflict? What was your biggest take away from today that will help you in the future on and off the course?

**Good  
Better  
How**

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

Better:  
  
How: