

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: Tug-O-War

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: Players and/or teams compete by attempting to putt a ball into a flat hoop. Each time a putt is made they move it one level closer to them. This continues until one side pulls the hoop all the way to the closest level and makes the putt. The distances and size of hoops can be modified to fit different age and skill levels.

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: Carry and Roll

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. Explore different swings and clubs to create different distances.

Activity: Participants are introduced to the concept of carry vs roll when chipping. The idea is to carry the ball past a line on the green and stopping the ball short of another line. other targets, such as hoops, cones, etc can be placed as additional targets. Coaches can set a number to successfully carry & roll within the zone created. The first team who gets to that number wins, or they can compete against each other individually.

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: Leap Frog Full Swing

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. Explore different swings and clubs to create different distances.

Activity: Participants attempt to hit each shot past their previous one. The intention is to see how many shots you can hit by leapfrogging each of your shots. This can be done by exploring different clubs and swing lengths at their discretion. They can start with as short a shot as they like! No additional set up is needed beyond hitting stations, but a fairway boundary could also be used for an additional challenge.

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: