

## Lesson Plan 10 • Learn & Grow with Grit

### Lesson Intentions:

- Players will learn 3 Tips for Developing Grit: Be Patient, Be Positive, and Ask for Help.
- Players understand that attitude impacts enjoyment and performance.
- Players will experience target selection, aiming & alignment.
- Players will learn the importance of clean clubs.
- Players will learn that tee markers are not allowed to be moved by players.

### Warm Up:

When doing the warm up, start to review the 3 Tips for Developing Grit: Be patient, be positive, and ask for help.

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?

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: Bullseye Putting

**Modeling: Golf Skill: Target Awareness:** Players learn how to Aim and Align their Clubface to target, and have the body parallel to target line. Players learn to use Y-Putt-Y for more consistent contact.

**Activity:** Bullseye putting is a target oriented game that can also be used for distance response. Participants attempt to putt their golf ball inside a bullseye created with survey tape or string. The shape doesn't matter, only that there are at least 3 zones. For 3 zones, the points are as follows: outer zone - 25pts, middle zone - 50pts, center zone - 100pts.

**Key Commitment Objective:** As they play, remind them to be patient, be positive, and ask for help when dealing with challenges.

**Golf Knowledge Objective:** Tee Markers can't be moved by players, even if they are not aimed where you want them to go.



**Rules & Etiquette:** Must stay with same group you start with. Tee box is only place you can use a tee. Tee markers cannot be moved by players.

**Guiding Questions:** Which of the 3 tips did you use the most? Which of the 3 tips is hardest to use? What did you have to do if the tee markers were not pointed at the target? Were you able to aim correctly?

### Key Terms:

Divot	Heal
Clubhead	Iron
Shaft	Driver
Grip	Wedge
Hosel	Putter
Clubface	Tee Marker
Toe	Pace of Play



**Key Commitment:** Growing Through Challenge

**Golf Skill(s):** Putting, Chipping and Full Swing

**Golf Fundamental/Factor of Influence:** Target Awareness & target Selection

**Character Behaviors:** Discovering inner strength. Digging deep when things get tough. Finding Grit.

Age 10-11

## Lesson Plan 10

### Chipping Green: Capture the Frog

**Modeling:** Golf Skill: Target Awareness, Target Selection. Players learn how to Aim and Align their Clubface to target, and have the body parallel to target line. Players learn how to use Y-Chip-Y for more consistent contact.

**Activity:** A variety of hoops or shapes made from survey tape or string are placed on the chipping green. The number of points is determined by the size of each target. There should be at least 3 different sizes so that all skill levels not only have a chance to hit a target, but so more skilled players can be challenged. The more targets the better! With 3 sized targets the frog values are as follows. Largest target - 25 frogs, mid-size target - 50 frogs, smallest target - 100 frogs.

**Golf Knowledge Objective:** Pace of Play: Players have 40 seconds to hit a shot when playing golf and should keep up with the group in front of them.

**Guiding Questions:** How was the Pace of Play for your team? Were you able to successfully aim to targets you selected? Which of the 3 tips did you use the most?

**Rules & Etiquette:** Players are responsible for following rules and calling penalties on themselves. Parts of the club and how to keep them clean.

### Driving Range: Wedge over Hazard

**Modeling:** Golf Skill: Target Awareness & Target Selection: Players learn how to Aim and Align their Clubface to target, and have the body parallel to target line. Players learn how to use L-Swing-L for more consistent contact.

**Activity:** Coaches create a simulated yellow penalty area that requires participants to carry over while attempting to hit a green or simulated green. The penalty area should be versatile if possible so adjustments can be made for different ages and skill levels. This can also be a great tool when explaining general rules, how to drop, penalties, etc.

**Golf Knowledge Objective:** Players must hit from the same set of tee boxes on every hole. If a player or caddie break a rule, penalty strokes will be added the their score.

**Rules & Etiquette:** Demonstrate courtesy by replacing divots. Players must be on time for their tee time or risk being disqualified. Players can be penalized for poor Pace of Play.

**Guiding Questions:** What did you learn about your full swing? What did you discover about your ability to hit a shot in a desired direction? If you could use one of the 3 tips now, which would it be?

### Wrap Up:

What does Grit mean to you?  
How can the 3 Tips help you develop Grit?  
Why is it important to ask for help in golf and life?  
What should be aiming at the target?  
What happens if you move the tee markers?

**Good  
Better  
How**

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

Better:  
  
How: