

## Lesson Plan 11 • Staying Cool

### Lesson Intentions:

- Players will start using and understanding the first 2Rs - Relax and Replay.
- Players will discuss how to Get Ready to swing while factoring in target awareness and/or distance to their target.
- Players will discuss the way in which the ball is struck - no scooping, pushing, or scraping.

### Warm Up:

- Strength: 10 frog jumps – must touch the ground before each jump
- Flexibility/Mobility: Jump 180 degrees and land with both feet at the same time. Do this 8 times.
- Agility/Coordination: Ladder jumps with both feet in each square
- Balance: Walk forwards for 20 ft. then backwards for 20 ft. on a balance beam
- Object Control: Dribble a soccer ball in and out of cones 8 ft. apart for 60 ft.

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: HORSE

**Modeling:** Golf Skill: Get Ready to Swing: Players reinforce grip, stance, ball position, posture, & alignment. Coaches help participants learn how to tie in target awareness and/or distance to target when preparing for their shot.

**Activity:** HORSE can be set up with different putts around one hole, or as a golf course. There are multiple ways to play, for example: Farthest from the hole gets a letter or highest score on a hole gets a letter. For more advanced participants, letters are only earned when a player misses a putt that their competitor makes.

**Key Commitment Objective:** As participants are playing, encourage them to Relax with a deep breath after they miss a shot and Replay the shot in their mind to better understand what happened.

**Golf Knowledge Objective:** Players learn about scoring (par, birdie, eagle, bogey, double bogey etc) and apply during their rounds.



**Rules & Etiquette:** Players learn what to do if their ball accidentally moves.  
Players learn what to do if they accidentally improve their lie.

**Guiding Questions:** Did any holes frustrate you? How did you deal with that frustration? How did using the first 2Rs help when you played again?

### Key Terms:

Par	Scorecard
Birdie	Outside Agency
Eagle	Accidentally
Ace	Deliberately
Bogey	
Double Bogey	



**Key Commitment:** Using Good Judgment

**Golf Fundamental/Factor of Influence:** Get Ready to Swing  
**Character Behaviors:**

Participants can state and define the first 2Rs - Relax & Replay

Participants understand how these 2Rs can be applied to learning and playing golf

Participants recognize that the 2Rs are valuable on and off the golf course and demonstrate emotional control as they attempt to stay cool.

## Lesson Plan 11

### Chipping Green: Leap Frog Chipping

**Modeling:** Golf Skill: Get Ready to Swing: Players reinforce grip, stance, ball position, posture, & alignment. Distance response through length of swing, energy, & club selection.

**Activity:** : Using tape, rope, or string, create multiple spaces to chip withing. The idea is to begin with the nearest space and have participants work their way from shortest to longest. For an added challenge, coaches can increase the number of golf balls hit into each space, have them work all the way back, and have participants use different clubs. This is primarily for distance and helps the participants explore and learn more about swing length, energy, & club selection.

**Key Commitment Objective:** As participants are playing, encourage them to Relax with a deep breath after they miss a shot and Replay the shot in their mind to better understand what happened.

**Golf Knowledge Objective:** Players learn the difference between Accidentally and Deliberately moving their golf ball, and what to do when that happens.

**Guiding Questions:** Describe how your Get Ready steps changed for each target. How did you make sure you didn't push the ball when swinging? How did the 2Rs help you as you played?

**Rules & Etiquette:** Players learn what to do if they hit their ball twice. Players learn what to do if an outside agency moves their ball.

### Driving Range: Fairway Bound

**Modeling:** Golf Skill: Get Ready to Swing: Players reinforce grip, stance, ball position, posture, & alignment. Coaches help participants learn how to tie in target awareness and/or distance to target when preparing for their shot.

**Activity:** This activity will help participants improve their ability to hit the golf ball into a fairway. This will also serve as a way to introduce that part of the golf course to new participants. In addition to creating a fairway, distance markers/targets can be placed along the center of the fairway allowing players to also use it as a distance activity. Coaches can also create a second column of noodles to introduce the fairway, rough, & OB. Any point values for hitting the fairway, or rough when applicable are up to the coaches.

**Key Commitment Objective:** As participants are playing, encourage them to Relax with a deep breath after they miss a shot and Replay the shot in their mind to better understand what happened.

**Golf Knowledge Objective:** Players will determine which club to use for each shot the coaches challenge them with.

**Rules & Etiquette:** Review a hole is finished when a ball goes into the hole. Introduce how to read a scorecard. Players learn you must wait until the ball stops before hitting again.

**Guiding Questions:** Does every shot go the way you want? How can the 2Rs help? How do we aim towards our target? How can we relax between shots on the course?

### Wrap Up:

What was the most difficult activity for you?  
What club did you choose for your shortest and longest shot? What did you learn about how scoring and scorecards work?

**Good  
Better  
How**

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

Better:  
  
How: