

Playing the Course - Week 4

Lesson Intentions:

- Review Meet & Greet with fellow participants
- Review A-L-R to carry on conversations with fellow participants
- Apply Three Tips for Developing Grit to their golf play
- Use their R's (Replay and Relax) to stay cool

Warm Up:

- Strength: Lunges: 5-10 on each leg
- Flexibility/Mobility: Knee to Elbow Twist 5 times per leg
- Agility/Coordination: Hop front to back and side to side
- Balance: Quad Stretch
- Object Control: Ball toss while jogging

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: Simon Says

Modeling: Golf Skill: Review Get Ready to Swing, Distance Response, & Target Awareness

Activity: Simon Says Putting is set up as a course, usually 9 holes, and there are a couple of versions to use.

Version 1: Coaches verbally tell players what to do on each hole. (i.e. putt with eyes closed, putt one handed, etc)

Version 2: Coaches can make signs that provide players with instructions on what to do on each hole.

This is a great game for players to explore various grips, stances, tempos, routines, and more.

Key Commitment Objective: Growing through Challenge - Three Tips for Developing Grit

Golf Knowledge Objective: Players learn what to do with the flagstick on the putting green.



Rules & Etiquette: Introduce we cannot hit a ball that's moving. Review how to keep score. Review parts of the club and how to keep them clean.

Guiding Questions: What does it mean to have someone tend the flag? Do you have to remove the flagstick when you are putting? How did you use Three Tips for Developing Grit?

Key Terms:

Flagstick
Lip
Tending the Flag
Bunker



Key Commitment: Using Good Judgment

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

Participants understand and demonstrate First Tee Five Steps for Meeting Someone New & A-L-R

Participants understand and can state Three Tips for Developing Grit

Participants understand that attitude impacts enjoyment and performance

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.

Age 10-11

Lesson Plan 11

Chipping Green: 21 Triangle Chipping

Modeling: Golf Skill: Review Get Ready to Swing, Distance Response, & Target Awareness

Activity: : Participants work together as a team trying to earn 21 pts without going over. Point values beginning with the nearest section are 1-3-5-7. Participants help each other with target selection, scoring, & alignment. Participants should Meet & Greet using A-L-R to learn more about their teammates. (Coach Tips: Respecting others perspectives, showing kindness & consideration for others, attitude and how I treat others can have an impact)

Key Commitment Objective: Collaborating with Others - Five Steps for Meeting Someone New & A-L-R

Golf Knowledge Objective: Players learn what to do when their ball is hanging over the lip

Guiding Questions: What club did you select to chip with and why? How is will A-L-R help you when Collaborating with Others?

Rules & Etiquette: Introduce playing the course as we find it. Introduce you cannot move another player's ball or worsen their lie. Using good Judgment!

Driving Range: Bucket Challenge

Modeling: Golf Skill: Review Get Ready to Swing, Distance Response, & Target Awareness

Activity: Participants attempt to hit and/or land a ball inside a large bucket between 30-60 yards in front of them. Coaches reinforce the importance of all three golf skills to improve their chances of success, but that it doesn't guarantee it. Participants continue Replaying the shot & Relaxing before hitting another. (Coach Tips: Discovering inner strength, developing resilience, digging deep when things get tough)

Key Commitment Objective: Growth through Challenge - Using the 2 R's (Replay & Relax) to work through failed attempts

Golf Knowledge Objective: Players will learn how to tell when their ball is in a bunker

Rules & Etiquette: Introduce you must strike the ball with the clubhead. If you accidentally move someone's ball or ball marker there is no penalty as long as you put it back.

Guiding Questions: Were you successful in using the 2R's today? Why or why not? Which golf skill have you improved the most? (Get Ready, Distance, Target Awareness) How did you apply Using Good Judgment?

Wrap Up:

How are you demonstrating Collaborating with others, Growing through Challenge, & Using Good Judgment?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: