

Lesson Plan 12 • Finding Your Personal Par

Lesson Intentions:

- Review "Get Ready to Swing" stance is narrower for pitching than full swing
- Experience and explore greater clubface awareness
- Understand and use Personal Par
- Players can use Personal Par for process as well as outcome
- Golf Rules: Red & Yellow penalty areas, understand par in golf, become familiar with birdie, bogey, and double-bogey

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: Dog Leg 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. Explore width of stance and how to relate the clubface at impact to the outcome.

Activity: Coaches use survey tape or string to create a course with dog legs. Holes can vary in length, severity of dog legs, width of fairways, etc. This is a great way to introduce OB, course strategy and the importance of controlling both distance and direction. Each hole should be different with par 3's, 4's, & 5's to reflect what they might experience on a golf course

Key Commitment Objective: Players build positive self-identity by understanding and accepting their current ability compared to their own performance.

Golf Knowledge Objective: Understand the difference between red and yellow penalty areas.



Rules & Etiquette: Introduce how to take a drip properly from knee height. Introduce two penalty areas - red and yellow.

Guiding Questions: How does focusing on hitting the back of the ball with a square clubface impact what your ball does?

Key Terms:

Red Penalty Area

Yellow Penalty Area



Key Commitment: Building Positive Self-Identity

Golf Skill(s): Putting, chipping, and full swing

Golf Fundamental/Factor of Influence: Clubface and Ball contact, clubface direction at contact

Character Behaviors: Participants understand that par is a personal measure that varies from one player to another.

Participants recognize that par is a standard measure of performance for players on the course and one's personal par can be applied to non-golf tasks.

Participants recognize the value of self-confidence and how it contributes to Building Positive Self-Identity.

Age 10-11

Lesson Plan 12

Chipping Green: Corn Hole Chipping

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. Explore width of stance and how to relate the clubface at impact to the outcome.

Activity: Using survey tape or string, coaches create targets that look like corn hole boards. Flat hoops can be used as the hole they are trying to chip in. This can be played in a traditional way with players competing against each other, or teams can compete by trying to get the most points. Players receive 1pt for hitting the board & 3pts for getting it in the hoop.

Key Commitment Objective: Players build positive self-identity by understanding and accepting their current ability compared to their own performance.

Golf Knowledge Objective: Understand the difference between red and yellow penalty areas

Guiding Questions: When you think about personal par, do you factor in what you wish you could do? What others can do? What you or someone else thinks you should do?

Rules & Etiquette: Review where you stand when it's not your turn to hit. Introduce that on the putting green you can move loose impediments.

Driving Range: Pyramid Driving

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. Explore width of stance and how to relate the clubface at impact to the outcome.

Activity: Coaches create multiple fairways using noodles or other makers that can be easily seen. Create at least 3 fairways 40 yards wide, 30 yards wide, & 20 yards wide, creating a pyramid shape with the noodles. Players should begin by hitting the largest fairway first and work their way towards hitting the smallest one. Coaches can add smaller or larger fairways based on the skill level of their participants.

Key Commitment Objective: Players build positive self-identity by understanding and accepting their current ability compared to their own performance.

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 to their score.

Rules & Etiquette: Introduce when your ball is on the green you can mark, lift, and clean it. Review how to properly mark, lift, and replace your ball on the green.

Guiding Questions: What do you do if your ball goes into a penalty area? How many times did you hit the ball with your clubface pointed towards your target?

Wrap Up:

How will you use Personal Par when you play golf?

How can you grow your self confidence?

Why is it important to clean your golf ball?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: