

Lesson Plan 14 • Appreciating and Valuing Diversity

Lesson Intentions:

- Players will learn to acknowledge and appreciate the value of diversity, both on and off course.
- Players will learn a key commitment is Collaborating with others, learn to respect others perspectives, especially when they differ from their own while showing kindness and care.
- Players will recognize their own attitudes and considering the ways that they treat others.
- Players will understand and be able to explain diversity.
- Players will learn the rule of what happens if their ball strikes one that is not theirs.
- Players will learn what to do if their ball goes out of bounds. Review lost ball and penalty areas.

Warm Up:

How can warming up help reach a goal? How are these related to a golf swing? Why is balance important?

Walking Lunges - 15 yards

15 toe touches

Balance on each leg for 30 seconds

Ball toss while balancing on one leg - 10 each

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: Pro Side Putting

Modeling: Golf Skill: Clubface Awareness. What is result of clubface direction to the target at impact?

Activity: Coaches set up breaking putts of various degrees & lengths. This can be set up as a course holes used as stations. A marker such as a tee, ball marker, or other item is placed at the point of the break requiring players to putt their ball around the marker then allowing it to curve towards the hole. String or a series of markers may be used to better define the curve of the ball on the ground. This is a great way to introduce an intermediate target and learn how to aim at something other than the hole. It's also a good time to introduce how speed determines line and their distance control will play a role in their chances of making breaking putts.

Key Commitment: Collaborating with others. Respect others perspectives, maybe they think the ball moves a different direction than someone else in the group. Maybe they have a different type of putting style.

Golf Knowledge Objective: What happens if your ball strikes another ball that is not your own? What if the ball goes out of bounds?



Rules & Etiquette: Ball is out of bounds only if the entire ball is out. Review parts of the course.

Guiding Questions: What is diversity? How can you demonstrate an appreciation for diversity? How can diversity and our differences be strengths? Why does collaborating with others depend on our ability to value and appreciate diversity? What

Key Terms:

Lost Ball

Unplayable Lie

Penalty Area

Back on the line relief

Lateral relief



Key Commitment: Collaborating with Others

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

Golf Fundamental/Factor of Influence: Clubface Awareness

Character Behaviors: Participants understand and are able to explain diversity. They demonstrate an appreciation of diversity. They recognize and value diversity and differences as strengths rather than challenges.

Age 10-11

Lesson Plan 14: Appreciating and Valuing Diversity

Chipping Green: Up & Out

Modeling: Golf Skill: Swing Rhythm, Swing Tempo, Swing Speed, Swing Sequencing

Activity: Up & Out is designed to introduce the concept of getting the ball out of the bunker on the first shot. Targets may be placed on the green, or simply award points for getting out of the bunker and additional points for getting on the green. For first time bunker attempts, coaches can award points for players who blast the sand out of the bunker, or use the "Erase the Face" challenge. Other considerations for safety & initial success are the type of balls used.

Key Commitment Objective: Collaborate with others, maybe their shot to the target looks different than your own.

Golf Knowledge Objective: How is the clubface related to the direction and how high or low the ball goes to the target?

Guiding Questions: What clubs did you use? When collaborating with your group, does everyone have the same type of chipping swing? Did everyone work together to come up with a plan to try to win the game?

Key Terms: Wrong Ball, Out-of-Bounds, Stroke, Distance Relief, Unplayable Ball

Driving Range: Wedges Time Telling

Modeling: Golf Skill: Swing Rhythm, Swing Tempo, Swing Speed, Swing Sequencing

Activity: Coaches introduce participants to various lengths of swings utilizing a clock method. Zones are set up with varying distances and is at the discretion of the coaches and the space they have to work with. Players then attempt to make swings from 7:30, 9:00, & 10:30 to see how far each one goes. If a participant has more than one wedge, they should attempt this with each one. As a challenge, coaches can call out certain zones to hit and have participants determine which time to swing from, and which club to use to create the proper distance.

Key Commitment: Did everyone work together in the group to follow the rules of the game? How does it feel if someone takes an extra turn? Is everyone's swing the same? How is your attitude affecting others around you?

Golf Knowledge Objective: How does the clubface change the way the ball travels when hit? What does the ball do if the clubface is closed, square or open at impact?

Rules & Etiquette: If a player thinks their ball may be lost or out-of-bounds they should hit a provisional ball from the tee box to help speed up play.

Guiding Questions: What should you do if you hit the wrong ball? Why is it important to put identifying marks on your golf ball? How does the direction of your clubface affect where your ball goes? Which golf skill is easiest for you to aim your clubface? Which is hardest?

Wrap Up:

READ THIS QUOTE: "When we seek to discover the best in others, we somehow bring out the best in ourselves." Have a discussion about what this quote means and allow participants to share any of their related experiences.

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: