

Lesson Plan 17 • Dealing with Challenges On & Off the Course

Lesson Intentions:

Participants will be able to state and demonstrate the 4Rs in their post-shot routine.

Players will learn what to do if their ball moves when they're making a stroke.

Players will be able to use the 4Rs on and off the golf course.

Warm Up:

Strength: Hold a plank for one minute. Remind players to relax and focus on breathing.

Flexibility: Touch your toes 10 times and have players hold at the bottom for 5 seconds while breathing in and out to relax.

Balance: Balance on each leg for 30 seconds. After each repetition players replay their performance then redo.

Guiding Question: How did breathing help you relax when you were stretching?

How does warming up help makes us ready to play?

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: Putting; Review Get Ready to Swing. Coaches should help Players develop a post-shot routine by promoting the use of the 4Rs after each shot, to help them refocus and respond to positive and negative outcomes.

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: Putting can be a challenge. Even if the putt misses, a player should watch the putt until it stops to help them get ready to redo the putt next time.

Golf Knowledge Objective: Introduce Players to what happens if their ball moves.



Rules & Etiquette: Players learn to life and identify their golf ball. Players learn special rules for identifying their golf ball in a bunker.

Guiding Questions: How hard was it to relax when the ball passed the hole? Why is it important to continue watching the ball pass the hole?



Key Commitment: Growing through Challenge

Golf Fundamental/Factor of Influence:

Post-shot Routines

Character Behaviors:

Participants can state 4Rs and understand how to apply to their post-shot routines

Participants understand how the 4Rs can be used to address challenges both on and off the course.

Key Terms:

Player
Caddie
Opponent
Outside Agency

Age 12-13

Lesson Plan 17

Chipping Green: Leap Frog Chipping


Modeling: Golf Skill: Chipping; Review Get Ready to Swing. Coaches should help Players develop a post-shot routine by promoting the use of the 4Rs after each shot, to help them refocus and respond to positive and negative outcomes.

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: Players will learn how different emotions can or will affect someone in challenging situations.

Golf Knowledge Objective: Playing learn what to do if the ball moves while making a stroke.

Guiding Questions: How does the centeredness of your hit on the clubface affect the feel or direction of your shot? What kinds of steps do you take before each shot to reach your target goal?




Rules & Etiquette: Importance of an identifying mark on your golf ball. While searching for a lost ball, accidentally moved, should be replaced. If an outside influence moves a player's ball, they do not add strokes as long as they put it back where it was.

Driving Range: Fairway Bound

Modeling: Golf Skill: Full-Swing; Review Get Ready to Swing. Coaches should help Players develop a post-shot routine by promoting the use of the 4Rs after each shot, to help them refocus and respond to positive and negative outcomes.

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: Participants learn a positive mindset can help using the 4Rs and post-shot routine be successful.



Golf Knowledge Objective: If a player deliberately causes their ball to move, the player must add 1 stroke to their score.

Rules & Etiquette: If a player or caddie deliberately cause their ball to move, the player must add 1 stroke to their score. Players are responsible for finding and identifying their own golf ball.

Guiding Questions: How did your emotions affect your next shot? How can your emotions affect others around you? What happens if you accidentally move your ball?

Wrap Up:

How can 4Rs be applied to your post-shot routine? What can you learn from challenges you face? When should you use a post-shot routine? What is unique about your post-shot routine?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: