

Playing the Course - Week 4

Lesson Intentions:

Review Target Awareness, Distance to Target, Club Selection, Swing Rhythm, Swing Tempo,
Post Shot Routine: Ideal Emotional Response
Review 4Rs
Review Goals being Important to them & Positive

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 Target Awareness, Distance to Target, Club selection

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: Pursuing Goals - positive & important

Golf Knowledge Objective: Players learn who they can ask advice from during a round. How a caddie can and cannot help.



Rules & Etiquette: Introduce you must strike the club with the clubhead. Introduce it's ok if player accidentally hits the ball twice.

Guiding Questions: How can setting a positive, important goal help you when creating a goal ladder? Did you have to adjust your goal during this activity? If so, why?



Key Commitment: Growing through Challenge
Golf Fundamental/Factor of Influence:

Post-shot Routines

Character Behaviors:

Participants understand the importance of having positive, important goals

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:

Line of Play
Ball in Motion
Caddie
Advice

Age 12-13

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Chipping Green: 21 Triangle

Modeling: Golf Skill: Review club selection and swing rhythm

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. (Coach tips - Learning from achievements and setbacks, discovering inner strength)

Key Commitment Objective: Growing through Challenge

Golf Knowledge Objective: Playing learn what to do if their ball hits another person or object

Guiding Questions: Which club did you use to chip and why? What achievements & setbacks did you experience? What would you do different next time?



Rules & Etiquette: Caddies help players make decisions, but cannot put anything on the ground to line up a player or stand behind them to line them up. If a caddies does this, players must add 2 strokes to their score.

Driving Range: Bucket Challenge

Modeling: Golf Skill: Review Post Shot Routine & Centeredness of Contact

Activity: Participants attempt to hit and/or land a ball inside a large bucket between 30-60 yards in front of them. Coaches have players use their Post-Shot Routine to assess and improve their shots, and to learn an ideal emotional response to challenges. During their Post-Shot Routine, players should try to determine where they struck the ball on the clubface. (Coach Tips - Digging deep when things get tough)

Key Commitment Objective: Growth through Challenge

Golf Knowledge Objective: Players learn what happens if they deliberately deflect a ball.



Rules & Etiquette: If a player or caddie deliberately cause their ball to move, the player must add 1 stroke to their score. If a player strikes another ball from the putting green, they must add 2 strokes tot heir score.

Guiding Questions: How often did you strike the ball in the center of the clubface? What did you learn about your Post-Shot Routine?

Wrap Up:

What are you learning about yourself as you apply what you're learning to golf? How are you demonstrating Being a Game Changer, Pursuing Goals & Growing through Challenge in golf, school, & home?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: