

Lesson Plan 18 • Embracing Identity -Building Self-Conficene

Lesson Intentions:

Players go through challenges where they will be asked to use and explain how they used STAR.

Players will discuss what they're mentally going through in their pre-shot routine, and how that can affect their shot.

Players will learn about the requirements of a proper drop that won't stay in the right space.

Warm Up:

Bear Crawl (10 yards)

Push-ups (5 regular or 10 on knees)

Jump and Turn (180 or 360 degrees)

Guiding Question: If you think about one thing you could do better in this warmup what could be an easy thing to improve? Compare it to the first step on a goal ladder.

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: Putting; Pre-Shot and Post-Shot Routines. Get Ready to Swing - hold, explore stance width, reinforce clubface to target.

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: Coaches introduce positive words of affirmation between shots.

Golf Knowledge Objective: Players discuss different pre-shot routines for different shots.



Rules & Etiquette: Introduce that players do not have to take the flagstick out when putting, but must decide before hitting their putt.

Guiding Questions: What kind of thoughts are you having during your routine? How were you able to use STAR?



Key Commitment: Embracing Identity & Bulding Conficence

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

Golf Fundamental/Factor of Influence: Pre-Shot and Post-Shot Routines

Character Behaviors: Participants understand what it means to be a Game Changer and recognize that they are developed daily, not in a day.

Participants are openly exploring their natural abilities and talents and applying them on and off the course.

Participants can utilize the STAR method and apply it to situations they encounter on an off the course.

Key Terms:

General Penalty
Bunker
Loose Impediments
Tending the Flagstick

Age 12-13

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Chipping Green: Corn Hole Chipping

Modeling: Golf Skill: Chipping; Pre-Shot and Post-Shot Routines. Get Ready to Swing - hold, explore stance width, reinforce clubface to target.

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: Coaches help with the use of STAR

Golf Knowledge Objective: Players go through different Pre-shot Routines using positive affirmations

Guiding Questions: Did you use your Pre-Shot Routine on every shot? Was How was STAR helpful?

Rules & Etiquette: Introduce players cannot test the surface of the green while playing a hole by rubbing the surface or rolling a ball.

Driving Range: Pyramid Driving

Modeling: Golf Skill: Pre-Shot and Post-Shot Routines. Get Ready to Swing - hold, explore stance width, reinforce clubface to target.

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: Coaches help players use a positive mindset towards difficult putts, and encourage the use of STAR.

Golf Knowledge Objective: How will routines vary with different shots and why?

Rules & Etiquette: Introduce that players may remove loose impediments in the bunker.

Guiding Questions: How can you apply star while playing? Did your pre-shot routine change today? If so, why?

Wrap Up:

How can your unique talents and abilities contribute to your success? How can you apply STAR off the course? Is your pre-shot routine the same for every shot? How do we know when a ball is in a bunker?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: