

Lesson Plan 19• Respecting & Valuing Diversity

Lesson Intentions:

Participants will be able to appreciate other points of view when they differ from their own opinion.
Participants will learn to celebrate their differences and learn from each other.
Participants will respect one another, and know their attitude makes a difference.
Participants will learn what a loose impediment is and how to properly remove it.

Warm Up: Diversity Warm-Up

Coaches ask participants questions and they select the warm-up exercise based on their answer.

If you prefer red - 10 squats, If you prefer blue - 5 lunges per leg

If prefer minecraft - hamstring stretch, If you prefer fortnite - quad stretch

If you prefer Marvel - 10 jumping jacks, If you prefer DC - Elbows to Knees 5 per leg

Guiding Question: What can we learn from this warm-up?

Putting Green: Lag Box Putting

Modeling: Golf Skill: Clubface Awareness, Reinforce Get Ready to swing, Target Awareness & Selection, Centeredness of hit

Activity: Coaches set up putts with different distances that vary from 10-40 feet. This can be set up as a course or as stations for each putt. Participants explore swing lengths, tempo, & energy for each distance. Boxes can be created with string, survey tape, or simply use flat hoops. They should be set up to allow for uphill and downhill putts.

Key Commitment: Players work together to improve their alignment by listening to their playing partner.

Golf Knowledge Objective: Loose impediments: Unattached natural objects such as stones, leaves, twigs, insects



Rules & Etiquette: Introduce players may remove loose impediments anywhere on the course as long as they do not move their ball while doing so. If it moves they must replace it adding a 1-stroke penalty.

Guiding Questions: How did you work together to improve alignment? What did you learn about your partner's style of putting?



Key Commitment: Respecting & Valuing Diversity

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

Golf Fundamental/Factor of Influence: Clubface direction, Get Ready to Swing, Target Awareness & Alignment, Centeredness of Contact

Character Behaviors: Participants understand how they can appreciate, celebrate, and respect diversity.

Participants recognize how individual differences can contribute to team success.

Participants demonstrate and exhibit respect and appreciation of diversity.

Key Terms:

Loose Impediments
Movable Obstruction
Abnormal Ground Condition
Complete Relief
Back on line relief

Age 12-13

Lesson Plan 19

Chipping Green: Landing Spots

Modeling: Golf Skill: Clubface Awareness, Reinforce Get Ready to swing, Target Awareness & Selection, Centeredness of hit

Activity: Coaches set up a variety of targets with large hoops, string, survey tape, or other targets that are large enough to hit. Participants are introduced to carry distance and how to find and hit a landing spot. This should include exploring different clubs & swing lengths. Coaches can create point values based on the size of the target and/or how far the landing spot is.

Key Commitment Objective: Players should explore different clubs to gain a better understanding of how each works.

Guiding Questions: What was it like having someone else pick your club? How do you feel about the club? What advice did you make to help hit the target?

Rules & Etiquette: Introduce players are entitled to relief from any movable obstruction, for example a rake or towel.

Driving Range: Tee it High Let it Fly

Modeling: Golf Skill: Clubface Awareness, Reinforce Get Ready to swing, Target Awareness & Selection, Centeredness of hit

Activity: Participants learn how the driver differs from other clubs in their bag and how to maximize their distance. This includes swing length, solid contact, swing speed, balance, etc. If possible, coaches set up markers that allow participants to see how far they hit each drive.

Key Commitment: How many differences can each player point out between them and their playing partner?

Golf Knowledge Objective: How can centeredness of contact affect the outcome of your shot?

Rules & Etiquette: Introduce if a player is certain their ball has come to rest in a movable obstruction but cannot find it, they may take relief. If they do not know this they must treat it as a lost ball.

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

Wrap Up:

What does it mean to appreciate diversity? How can you show respect for diversity? What did it look, feel, or sound like when hitting the center of the clubface? What happens if you move a loose impediment and your ball moves?

**Good
Better
How**

Good #1:
Good #2:
Good #3:

Better:

How: