

Lesson Plan 20 • Being a Go-To Person & Building a Go-To Team

Lesson Intentions:

Review the value of diversity from previous lessons.

Review and connect elements of Get Ready to Swing.

Experience and explore swing rhythm & swing tempo.

Golf Rules: Understand different types of penalty areas. Introduce provisional ball.

Warm Up:

Set aside various items for a warm up, such as, noodles, galls, cones, etc. Divide class into 3-5 groups and assign a fitness category to each group. Participants work together to create a 1-minute warm up that each group will experience. The group that created the warm up will lead the exercise.

What skills did you discover others have that make them a good Go-To team member?

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: Swing Rhythm, Swing Tempo, Swing Speed, Swing Sequencing

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: Players use good judgment by identifying key character traits of a Go-To Person.

Golf Knowledge Objective: Discover YOUR rhythm & tempo. Penalty areas.



Rules & Etiquette: Introduce to know when a player's ball is in a penalty area and when it is not.

Guiding Questions: How would you describe your rhythm & tempo? How does rhythm & tempo affect distance? What character traits do you have that make you Go-To Person?



Key Commitment: Being a Go-To Person & building a Go-To Team

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

Golf Fundamental/Factor of Influence: Swing rhythm & Swing Tempo

Character Behaviors: Participants understand the value of having a support network and demonstrate how to build one.

Participants demonstrate an understanding of how to ask for help and describe the benefit of helping others.

Participants identify ways they can be a Go-To Person and utilize good judgment to support making good decisions.

Key Terms:

Penalty Area
Provisional Ball
Lost Ball
Stroke & Distance
Out-of-Bounds

Age 12-13

Lesson Plan 20

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: Use good judgment by determining the best club & swing rhythm/tempo.

Golf Knowledge Objective: Provisional Ball Rule

Guiding Questions: What traits have you noticed in others that might make them a good Go-To Person? What was the result after establishing YOUR swing rhythm/tempo?

Rules & Etiquette: Define the different types of penalty areas. Discuss most common options when taking relief.

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: How might someone's different character traits benefit your Go-To-Team?

Golf Knowledge Objective: What did you discover about your rhythm & tempo?

Rules & Etiquette: Introduce how to know when a golf ball is out-of-bounds and when it's not. Introduce a player has 3 minutes to search for a lost ball.

Guiding Questions: How would you describe your rhythm & tempo? How is it similar or different than others?

Wrap Up:

How can a Go-To-Team help you use good judgment? What did you discover about your rhythm & tempo? What did you learn about playing a provisional ball? How can you be a good Go-To-Person?

**Good
Better
How**

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

Better:

How: