

Lesson Plan 21 • Dealing with Conflicts: Making a Positive Impact

Lesson Intentions:

Players can identify types of conflicts that can arise in a golf context (rules disputes, cheating, slow play, disrespectful behavior, etc.)

Players can identify other types of conflict situations in their lives.

Players can demonstrate an understanding of a process for peacefully resolving conflicts and when to seek help.

Players can apply the CARE (Communicate, Actively Listen, Review Options, End with a Win Win) approach to conflict resolution in a golf setting.

Players will learn how to play the ball as it lies.

Warm Up:

Standing Stretches

Arm Circles (small, medium, large)

Underhand Ball Toss to Partner (short, medium, long distances)

Guiding Question: What did you have to change to make the ball reach each target?

How did you use CARE to communicate with your partner on the ball toss?

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: Tug-O-War

Modeling: Golf Skill: Putting; Get Ready to Swing (what it looks like to get setup for a putt; how to hold a putter); Y-Putt-Y. Distance Response - length of motion, club selection, speed/energy

Activity: Players and/or teams compete by attempting to putt a ball into a flat hoop. Each time a putt is made they move it one level closer to them. This continues until one side pulls the hoop all the way to the closest level and makes the putt. The distances and size of hoops can be modified to fit different age and skill levels.

Golf Knowledge Objective: Introduce the term "General Area" and the exceptions to the General Area: teeing area, bunkers, penalty areas, and putting green. Introduce the putter and parts of the club.



Rules & Etiquette: Respect others & your surroundings; Following the rules & using integrity; Players are responsible for applying the rules and calling penalties in the event of a rules breach; Types of penalties

Guiding Questions: How did you and your partner figure out how to play this game? What are two golf rules that you might have learned in this game? How did you use CARE? What was the hardest part when you and your partner had two different ideas?



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Collaborating with Others

Golf Fundamental/Factor of Influence: Distance Response/Size of Motion/Swing Length/Club Selection/Get Ready to Swing

Character Behaviors:

Participants can identify types of conflicts that can arise in a golf context.

Participants can identify types of conflict situations in their lives and can demonstrate a peaceful process for resolution.

Participants can understand when to seek help resolving a conflict and can apply the CARE approach to conflicts in a golf setting.

Key Terms:

General area
Handicap

Lesson Plan 21

Chipping Green: Carry and Roll

Modeling: Golf Skill: Chipping; Get Ready to Swing (what it looks like to get setup for a chip; how to hold a putter); Y-Chip-Y. Explore various landing areas with different clubs and swings.

Activity: Participants are introduced to the concept of carry vs roll when chipping. The idea is to carry the ball past a line on the green and stopping the ball short of another line. other targets, such as hoops, cones, etc can be placed as additional targets. Coaches can set a number to successfully carry & roll within the zone created. The first team who gets to that number wins, or they can compete against each other individually.

Golf Knowledge Objective: Describe the General Area and its exceptions: teeing area, putting green, bunkers, penalty areas.

Guiding Questions: What does it mean to "play the ball as it lies"? How did you and your partner work together? How were you able to listen to each other when you thought your idea was better?

Rules & Etiquette: Respect others & your surroundings; Match play - winning a hole, tying a hole, conceding a hole/stroke/match; General Area & exceptions

Driving Range: Leap Frog Full Swing

Modeling: Golf Skill: Full-Swing; Get Ready to Swing (what it looks like to get setup for a shot; how to hold a club); L-Hit-L. Explore and improve how distance and target selection work together.

Activity: Participants attempt to hit each shot past their previous one. The intention is to see how many shots you can hit by leapfrogging each of your shots. This can be done by exploring different clubs and swing lengths at their discretion. They can start with as short a shot as they like! No additional set up is needed beyond hitting stations, but a fairway boundary could also be used for an additional challenge.

Golf Knowledge Objective: Describe the General Area and its exceptions: putting green, teeing area, bunkers and penalty areas. Describe in a round of golf what a handicap is, when you announce your handicap and what its used for.

Rules & Etiquette: Respect others & your surroundings; Players are responsible for following the rules; Match play - winning a hole, tying a hole, conceding a hole/stroke/match; Handicaps in golf; Keeping score and signing scorecards

Guiding Questions: What golf skill did we just learn? What did you learn about adjusting the size of your swing? How might you approach someone who was counting their score incorrectly? What are handicaps used for?

Wrap Up:

What is a handicap? What does "play it as it lies" mean? What is the CARE approach? How could you use CARE to resolve conflict outside of First Tee? How were you able to show kindness when you and your friend had different opinions? What did you see today that was a good example of dealing with conflict? What was your biggest take away from today that will help you in the future on and off the course?

**Good
Better
How**

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

Better:

How: