

## Playing the Course - Week 4

### Lesson Intentions:

Review Dealing with Conflicts (CARE)  
Review Learning from Failure (First Attempt In Learning)  
Review Types of Goals (Process, Performance, Outcome)

### 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 Distance Response, Body Balance, Swing Rhythm, Target Awareness. Introduce Course Strategies.

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: Collaborating with Others - Using CARE to resolve conflict

Golf Knowledge Objective: Players learn what caddies can and cannot do. What happens when a caddie breaks a rule.



**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 you apply CARE on and off the golf course? What can caddies do?



**Key Commitment:** Pursuing Goals

**Golf Fundamental/Factor of Influence:** Club face and Ball Contact/Centeredness of Hit

**Character Behaviors:**

Participants can apply the CARE approach to conflict resolution in a golf setting.

Participants recognize that FAIL is First Attempt In Learning

Participants take ownership of their goal achievement and can set different types of goals.

Participants understand how to set different types of goals - outcome, process, and performance - to promote personal success, build confidence, and maintain motivation.

### Key Terms:

Advice  
Caddies

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### Chipping Green: 21 Triangle


**Modeling:** Golf Skill: Review Distance Response, Body Balance, Swing Rhythm, Target Awareness. Introduce Course Strategies.

**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. Coaches reinforce distance response (club selection & swing length), balance (weight distribution), Target Awareness (selection), other strategies.

**Key Commitment Objective:** FAIL - First Attempt In Learning

**Golf Knowledge Objective:** Players learn what to do if their ball strikes another person or object off the putting green.

**Guiding Questions:** What have you learned from your FAILs? What strategies did you use? What did you discover about your balance and/or swing rhythm?



**Rules & Etiquette:** Caddies can carry equipment, search for golf balls, give advice, attend flagstick, mark, lift, and replace a ball on putting green, clean players ball, or remove loose impediments.

### Driving Range: Bucket Challenge

**Modeling:** Golf Skill: Review Review Distance Response, Body Balance, Swing Rhythm, Target Awareness. Introduce Course Strategies.

**Activity:** Participants attempt to hit and/or land a ball inside a large bucket between 30-60 yards in front of them. Coaches work with participants to establish Process and/or Performance goals and how to analyze performance of golf fundamentals. Process goals can be related to any of the golf skills listed above. (Coach Tips - Being excited to grow and learn, not afraid to fail, learn from achievements and setbacks)

**Key Commitment Objective:** Review Process, Performance, & Outcome Goals

**Golf Knowledge Objective:** Players will learn what to do if their ball strikes another on the putting green?



**Rules & Etiquette:** If a caddie breaks a rule, the player can be required to add strokes to their score. If a player's ball hits another person or object it must be played as it lies.

**Guiding Questions:** What strategies did you use? What process or performance goals do you have outside of golf? What did you discover about your balance & rhythm?

### Wrap Up:

How are you demonstrating Collaborating with Others, Growing through Challenge, and Pursuing Goals off the golf course? What can caddies do? How can you apply CARE off the golf course? What have you learned from FAIL?

**Good  
Better  
How**

Good #1:

Good #2:

Good #3:

Better:

How: