

## Lesson Plan 24 • Being Trustworthy; Building a Trustworthy Team

### Lesson Intentions:

Participants identify what it means to be trustworthy.  
Participants identify trustworthy individuals for their Go-To Team.  
Participants what it means to trust themselves and their intuition.  
Participants embrace being trustworthy as a responsibility.

### Warm Up:

Jumping Jacks (10 minimum)  
Lunges (5 each for each leg)  
Airplane Balance (one leg at a time)  
Guiding Question: What did you notice about the pace or tempo of your movements? How is intentional pace and timing of breathing important when stretching?

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: Pre-Shot and Post-Shot Routines.

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: Players use good judgment when putting and trying to hit the ball in the center every time.

Golf Knowledge Objective: Players learn what happens when a ball is on the lip of the hole and doesn't fall in 10 seconds.



**Rules & Etiquette:** Introduce a sometimes a player may mark their ball when off the putting green, such as when taking relief.

Guiding Questions: While putting, what did you see that would make someone a trustworthy person? What do you do if the ball is lying against the flagstick.?



**Key Commitment:** Embracing Using Good Judgment

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

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

**Character Behaviors:**

Participants can define what it means to be trustworthy.

Participants can identify trustworthy individuals as members of their Go-To-Team.

Participants embrace being trustworthy as a responsibility.

### Key Terms:

Wrong Green  
Flagstick  
Wrong Place  
Serious Breach

Age 14+

## Lesson Plan 24

### Chipping Green: Corn Hole Chipping

**Modeling:** Golf Skill: 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:** Participants use judgment by rating shots based on the contact and how it felt.

**Golf Knowledge Objective:** Participants learn how post-shot routines can help them stay positive.

**Guiding Questions:** Describe what a shot feels like on the center of the face. Was it hard to trust your partner with scoring? Why?

**Rules & Etiquette:** Discuss what to do when you don't know a ruling. Who can be on your Go-To Team for rules?

### 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:** Players should be trustworthy by keeping an honest score.

**Golf Knowledge Objective:** Players learn how being positive during their routines can give them more self-confidence.

**Rules & Etiquette:** Introduce what to do if a ball lands on the wrong green, or a wrong green interferes with their stance or swing. Must find nearest point of relief.

**Guiding Questions:** Thinking of all your partners, were you able to find some who would be good Go-To team members? Why did they make you believe this?

### Wrap Up:

What does it mean to be trustworthy? Why is it important to listen to your intuition? Why is clubface awareness important? When can you play two balls on a hole? What do you do when your ball comes to rest on the wrong green?

**Good  
Better  
How**

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

Better:  
  
How: