

Lesson Plan 26 • Planning for the future; A Game Changer's Game Plan

Lesson Intentions:

Participants discuss and understand visualization and it's purpose on and off the golf course.
Experience and explore swing rhythm & swing tempo.
Participants discuss the right time to use a 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.

How did your group come up with a Game Plan?

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: Discover how adding good swing rhythm & tempo to your Game Plan can help overcome challenges.

Golf Knowledge Objective: Planning for each shot by visualizing how the ball will roll & seeing it go in the hole.



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

Guiding Questions: Were you able to visualize the putts you wanted? Did you stick to your plan on each putt? If not, why?



Key Commitment: Embracing Planning for the Future:
A Game changer's game plan

Golf Skill(s): Putting, chipping, and full swing
Golf Fundamental/Factor of Influence: Swing Rhythm/
Swing Tempo
Character Behaviors:
Participants understand how visualization is a tool they can use on and off the course.

Participants identify personal, educational, career, and life goals.

Participants create a personal and evolving game plan to further explore and work towards goals.

Key Terms:

Penalty Area
Stroke and Distance
Lateral Relief
Back on the line relief

Lesson Plan 26

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: Players come up with a Game Plan for each section. (club selection, rhythm/tempo, visualization)

Golf Knowledge Objective Using visualization to see how the flight, landing, and roll out of a chip.

Guiding Questions: Were you able to create the shots you visualized? Did consistent swing rhythm/tempo help?

Rules & Etiquette: Introduce 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.

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: Players come up with a Game Plan for each section. (club selection, rhythm/tempo, visualization)

Golf Knowledge Objective: Stroke & Distance for lost ball or out of bounds

Rules & Etiquette: Introduce that if a player's ball is lost or out of bounds, they must go back to the previous spot and hit again. This is called stroke and distance.

Guiding Questions: How would you describe your rhythm and tempo compared to others? Were you successfully able to visualize each shot? What did you learn that will be part of your game plan moving forward?

Wrap Up:

How can visualization be an effective tool on and off the course? How can a Game Plan help you to work towards goals? What should you do if your ball is lost or out of bounds? What did you discover about your swing rhythm and tempo?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: