

Lesson Plan 1 • Welcome to First Tee: Let's Work Together

Lesson Intentions:

Players should demonstrate a proper handshake.

Collaborating with each other means showing Respect and Courtesy.

Coaches should Empower Youth by allowing them to explore different grips and stances.

Introduce how to hold the club and where to stand to Get Ready to Swing.

Introduce Distance Response by allowing players to explore swings of different sizes.

Introduce that players start the hole on the tee box and end the hole on the putting green.

Introduce the number of holes, and order of play.

Warm Up:

Standing Stretches

Arm Circles (small, medium, large)

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

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

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, Explore swing lengths for different distances

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 part of the course they are standing on is called the putting green. This is where we find the hole and where we end each hole. Introduce the putter and parts of the club.



Rules & Etiquette: How to play golf; Where & how to end a hole; Respect others & your surroundings; Following the rules & using honesty

Guiding Questions: What golf skill did we just learn? How do you make it happen? How did you work with your teammates? What did you learn about putting with different sized swings? Where do we end the hole?

Key Terms:

Teeing Area
Tee Box
Putting Green
Fairway
Rough
Bunker



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Collaborating with Others

Golf Fundamental/Factor of Influence:

Distance Response/Size of Motion

Character Behaviors:

Participants understand the impact of their words and actions and can show respect and courtesy to themselves, others, and their surroundings.

Participants can recognize things that they have in common with their peers and appreciate their differences.

Participants understand that collaborating with others is better when they show respect and demonstrate courtesy.

Lesson Plan 1

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 swing lengths and different clubs to create various distances.

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: Introduce the part of the course they are chipping to is called the putting green. This is where we find the hole and where we end each hole. Introduce the iron and parts of the club. Purpose of chipping.

Guiding Questions: What golf skill did we just learn? How do you make it happen? How did you work with your teammates? What did you learn about chipping with different sized swings? Where do we end the hole?

Rules & Etiquette: How to play golf; Where & how to end a hole; Teeing area & rules; Respect others & your surroundings

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

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: Introduce the part of the course they are on as the driving range. This is where we can practice our tee shots and full swings. Introduce the iron and/or driver and parts of the club.

Rules & Etiquette: How to play golf; Where to start a hole; Teeing area & rules; Respect others & your surroundings; Following the rules & being honest

Guiding Questions: What golf skill did we just learn? What did you learn about adjusting the size of your swing? How did you encourage your teammates? Where do we start the hole?

Wrap Up:

What golf skills did you learn? Can someone show me how to hold the club? What did you learn about working with others? How did it feel when teammates encouraged you? How did it feel to encourage others? Where do we start and end the hole? How do you complete a hole? How do we know who plays next after we tee off? What are some things you learned about your classmates? What does a proper handshake look like?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: