

Lesson Plan 2 • I Can Be Responsible: Respecting the Rules

Lesson Intentions:

Remind players that they are responsible for taking care of many things while playing golf such as replacing divots, fixing ball marks, and taking care of their equipment. When we do this we are **Using Good Judgment**.

Introduce to players what "stroke" means in golf

Introduce **Target Awareness** Target Selection and **Get Ready to Swing** - Aim and alignment

Reinforce pace of play by reminding players to be ready when it is their turn and moving quickly between shots

Warm Up:

Windmills (fingertips to opposite toe)

Push-ups (5 regular or 10 on knees)

Jump and Turn (180 or 360 degrees)

Guiding Question: How did you use good judgment when deciding which exercise to choose?

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: Bullseye Putting

Modeling: Golf Skill: Putting; Get Ready to Swing (what it looks like to get setup for a putt; aim & alignment); Y-Putt-Y

Activity: Bullseye putting is a target oriented game that can also be used for distance response. Participants attempt to putt their golf ball inside a bullseye created with survey tape or string. The shape doesn't matter, only that there are at least 3 zones. For 3 zones, the points are as follows: outer zone - 25pts, middle zone - 50pts, center zone - 100pts.

Golf Knowledge Objective: Review the parts of the club and the parts that they have in common with their clubs. What parts of the club can help us aim. Introduce the concept of "hole out" and the difference between honors golf vs "Ready Golf".



Rules & Etiquette: Respect others & your surroundings; Teeing area & rules (2-club lengths) & penalty; Who goes first off the tee - honors golf vs Ready Golf; Completing a hole means a player has "holed out"

Guiding Questions: What golf skill did we just use? How did you determine where to aim the putter? What helped you make those decisions? How do you know when you have completed a hole?

Key Terms:

Divot	Heel
Clubface	Toe
Shaft	Sole
Hosel	Stroke
Grip	



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Using Good Judgment

Golf Fundamental/Factor of Influence: Target Awareness/Target Selection/See the Target

Character Behaviors:

Participants understand that demonstrating responsibility and respecting rules is a way of showing good judgment.

Participants can demonstrate good judgment through responsible actions and constructive choices.

Participants look for ways to demonstrate responsibility in all areas of their life and can identify the positive impact of those choices and commitments.

Lesson Plan 2

Chipping Green: Capture the Frog

Modeling: Golf Skill: Chipping; Get Ready to Swing (what it looks like to get setup for a chip; aim & alignment); Y-Chip-Y

Activity: A variety of hoops or shapes made from survey tape or string are placed on the chipping green. The number of points is determined by the size of each target. There should be at least 3 different sizes so that all skill levels not only have a chance to hit a target, but so more skilled players can be challenged. The more targets the better! With 3 sized targets the frog values are as follows. Largest target - 25 frogs, mid-size target - 50 frogs, smallest target - 100 frogs.

Golf Knowledge Objective: Review the parts of the club and what parts the kids may have in common with their clubs. When reviewing the rules, introduce penalties: what they are, how do you get one, and how many strokes will it add to a player's score.

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: Respect others & your surroundings; Penalties: one-stroke vs general penalty, used when a rule has been broken; Players are responsible for calling penalties on themselves

Driving Range: Wedge over Hazard

Modeling: Golf Skill: Full-Swing; Get Ready to Swing (what it looks like to get setup for a shot; aim & alignment); L-Hit-L

Activity: Coaches create a simulated yellow penalty area that requires participants to carry over while attempting to hit a green or simulated green. The penalty area should be versatile if possible so adjustments can be made for different ages and skill levels. This can also be a great tool when explaining general rules, how to drop, penalties, etc.

Golf Knowledge Objective: Using items on the ground in front of you to create targets to aim for; recognizing that your target may not always be the flagstick. Review the teeing area and associated rules and penalties. Honors Golf vs Ready Golf? Introduce how we know who hits first once everyone is off the tee box.

Rules & Etiquette: Respect others & your surroundings; Teeing area & rules (2-club lengths) & penalty; Who goes first off the tee - honors golf vs Ready Golf

Guiding Questions: What choices did you have to make in this game? How did you decide what to do? How did you choose your target?

Wrap Up:

What game was your favorite? What golf skills did we focus on today? How can you show responsibility by following the rules at home or at school? What are some ways you can use good judgment at home or in school? When did you see someone making good choices today? What are some things that you and your club have in common? How do we know who hits first on the tee box? What about after the tee shot? How far back can you tee the ball up within the teeing area?

**Good
Better
How**

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

Better:

How: