

Lesson Plan 3 • Making Good Choices: Doing the Right Thing

Lesson Intentions:

Demonstrate how Get Ready to Swing stance and hold is different in your putter vs. other clubs
Review different ways to hold the club for putting (roll ball on ground) vs full swing (ball in the air)
Explore how different clubs carry different distances in the air
Explore Distance Response in putting through different length of swings and in full swing by trying different clubs.
Explore Using Good Judgment by choosing to be honest when keeping your own score. Remind players that the lowest score wins.
Identify the difference between stroke and match play in golf.

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?

Putting Green: HORSE

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

Activity: HORSE can be set up with different putts around one hole, or as a golf course. There are multiple ways to play, for example: Farthest from the hole gets a letter or highest score on a hole gets a letter. For more advanced participants, letters are only earned when a player misses a putt that their competitor makes.

Golf Knowledge Objective: Players understand the difference between Par, Birdie, Bogey, etc. Players understand that you must "hole out" before starting another hole. In stroke play, the winner is the player with the lowest score (least strokes).



Rules & Etiquette: How to play golf;
Where & how to end a hole; Winner in stroke play is the person with the least amount of strokes; You must hole out to complete a hole before making another stroke to begin another hole

Guiding Questions: What was so important about your first putt, especially for Rounds 1 and 2? Was it easier to get your ball in the hole when your ball was closer or farther from the hole? How do you win in stroke play? Why might it be important to use integrity in golf?

Key Terms:

Double Bogey
Bogey
Par
Birdie
Eagle
Ace
Scorecard



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Using Good Judgment

Golf Fundamental/Factor of Influence:

Distance Response/Size of Motion

Character Behaviors:

Participants understand the importance of honesty and integrity in the game of golf and in life

Participants recognize that doing the right thing is not always the easy thing

Participants demonstrate good judgment by choosing to demonstrate honest behaviors with themselves and others and exhibiting integrity

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.

Lesson Plan 3

Chipping Green: Leap Frog Chipping

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. Swing length, energy, & club selection.

Activity: Using tape, rope, or string, create multiple spaces to chip withing. The idea is to begin with the nearest space and have participants work their way from shortest to longest. For an added challenge, coaches can increase the number of golf balls hit into each space, have them work all the way back, and have participants use different clubs. This is primarily for distance and helps the participants explore and learn more about swing length, energy, & club selection.

Golf Knowledge Objective: Review the purpose of chipping and getting the ball as close as possible to the target - least number of strokes taken wins in stroke play. Understanding that you must take into account the conditions of the course and how far away your target is when choosing the club and type of shot you want to hit.

Guiding Questions: Did the length of your swing change depending on which square you were hitting towards? Did your swing look exactly like your partner's swing? If your partner breaks the rules, does that mean it's OK for you to break the rules too? Why or why not?

Rules & Etiquette: Winner in stroke play is the person with the least amount of strokes; You must hole out to complete a hole before making another stroke to begin another hole

Driving Range: Fairway Bound

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: This activity will help participants improve their ability to hit the golf ball into a fairway. This will also serve as a way to introduce that part of the golf course to new participants. In addition to creating a fairway, distance markers/ targets can be placed along the center of the fairway allowing players to also use it as a distance activity. Coaches can also create a second column of noodles to introduce the fairway, rough, & OB. Any point values for hitting the fairway, or rough when applicable are up to the coaches.

Rules & Etiquette: How to play golf; Winner in stroke play is the person with the least amount of strokes

Golf Knowledge Objective: Understanding that each player may use different clubs for each shot depending on the distance of the shot to their target and conditions.

Guiding Questions: How can you change the distance your ball goes when making a full swing? Why did you choose a certain club for a shot?

Wrap Up:

If someone else uses a different club, should you change the club you think is best for you? How would you use good judgment in this situation? What kinds of things should you be aware of when deciding how to play a shot and what club to use? Where else might you run into a situation where you had to use good judgment when making choices away from the golf course? At home? In school? Is doing the right thing always easy? How does a player win in stroke play? Can you start another hole before holing out on the previous hole?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: