

Lesson Plan 4 • I'm a Good Sport: Being a Team Player

Lesson Intentions:

Allow players to collaborate with and show respect for each other and demonstrate courtesy.

Sportsmanship and respecting the rules - positively responding to good play/good behavior, encouraging others

Target awareness - selecting a target and working to aim towards that target.

Playing the ball as it lies - discussing only hitting your ball once it has come to rest

Warm Up:

Lunges 5-10/leg

Knee-to-Elbow Twist 5/leg

Hop front-to-back & side-to-side

Quad Stretch

Guiding Question: What is so important about keeping a good attitude?

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: Simon Says Putting

Modeling: Golf Skill: Putting; Get Ready to Swing (choosing a target to aim for, even if its not the hole); Y-Putt-Y

Activity: Simon Says Putting is set up as a course, usually 9 holes, and there are a couple of versions to use.

Version 1: Coaches verbally tell players what to do on each hole. (i.e. putt with eyes closed, putt one handed, etc)

Version 2: Coaches can make signs that provide players with instructions on what to do on each hole.

This is a great game for players to explore various grips, stances, tempos, routines, and more.

Golf Knowledge Objective: Players must wait until their putt stops to determine who is closest and before hitting the ball again.

Rules & Etiquette: We cannot hit a ball that is moving; We must play the ball "as it lies" once it comes "to rest"; Fairly striking the ball means you take the club back and briefly hit the ball with the clubhead on a down swing - no scooping, scraping or pushing.

Guiding Questions: How did you keep a good attitude in this game when/if you faced a challenging putt? How did you congratulate your competitors? How did you decide on a target before each putt?

Key Terms:

Lie
At-rest

Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Collaborating with Others

Golf Fundamental/Factor of Influence:

Target Awareness / Target Selection

Character Behaviors:

Participants understand the importance of sportsmanship and being a good sport

Participants recognize that how they play the game is more important than whether they win or lose

Participants demonstrate sportsmanship both on and off the course when collaborating with and encouraging others.

Age 7-9

Lesson Plan 4

Chipping Green: 21 Triangle Chipping

Modeling: Golf Skill: Chipping; Get Ready to Swing (where to point the clubface based on the break in the green); Y-Chip-Y

Activity: Coaches will set up a triangle on the chipping green divided into 4 sections, starting with the smallest section at the top of the triangle. The farthest and smallest section will be worth 7 points, then 5, 3, and 1 point respectively. Participants at each stations will help each other choose a target based on the slope of the green relative to their station. Players will work together to get a score of exactly 21. If they “bust” they must go back to a score of 13. For more advanced players, teams will be deducted points for any balls hit off the green.

Golf Knowledge Objective: Players must make sure to select the correct target, aim point so that the ball ends up in the proper section based on their points goals.

Guiding Questions: Why do we want to get the ball close to our target? How did you support others and demonstrate good sportsmanship while playing the game? What did you change to help your ball get to your target?

Rules & Etiquette: Fairly striking the ball means you take the club back and briefly hit the ball with the clubhead on a down swing – no scooping, scraping or pushing; You cannot alter the conditions of your ball or another players ball that may affect yours or their stroke.

Driving Range: Bucket Challenge

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 will attempt to hit and/or land a ball inside a large bucket between 30-60 yards in front of them. Coaches reinforce the importance of all three golf skills (distance response, target awareness, and setup) to improve their chances of success, but that it doesn't guarantee success. Participants should remember to keep a good attitude even if another participant is having more success than them, and to encourage each other when a classmate may be struggling.

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: Cannot hit a moving ball; A player must play the ball “as it lies” once the ball has come “to rest”; You cannot alter the conditions of yours or another player's ball that may affect yours or their stroke.

Guiding Questions: When do we hit the ball? Can we hit the ball when it is moving? Are you allowed to move the ball at any time from where it stops? What should you do when you finish a competition on the course?

Wrap Up:

What does good sportsmanship look like? Sound like? Does it look or sound different at home or at school? What does “play the ball as it lies” mean? What is the penalty for hitting a moving ball? (General Penalty, 2-strokes) What part of the club points towards your target? How does being positive help good sportsmanship? What does it mean to be respectful to your competitors? How do you do this at home? At school?

**Good
Better
How**

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

Better:

How: