

Lesson Plan 5 • Developing Confidence: I Can Do It!

Lesson Intentions:

Players will feel safe to try new things with confidence on the golf course.

Players will develop a routine on the golf course when playing.

Players will learn what can be removed from their line on the putting green.

Warm Up:

Planks - players hold for as long as they feel confident, up to 30 sec

Windmills - 20 sec

Hop on one foot - 10 hops/foot

One-Legged Supermans - 15 sec/leg

Guiding Question: What leg/foot did you feel most confident with during these warmups? Do you think you could grow your confidence with planks?

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: Dog Leg 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: Coaches use survey tape or string to create a course with dog legs. Holes can vary in length, severity of dog legs, width of fairways, etc. This is a great way to introduce OB, course strategy and the importance of controlling both distance and direction. Each hole should be different with par 3's, 4's, & 5's to reflect what they might experience on a golf course

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?



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Building Positive Self-Identity

Golf Fundamental/Factor of Influence:

Target Awareness / Target Selection

Character Behaviors:

Participants understand the developing self-confidence is a process, and failing often precedes success.

Participants understand the importance of maintaining a positive "I can" attitude regardless of how they are playing.

Participants recognize that self-confidence is an important part of Building Positive Self-Identity

Participants can develop self-confidence by identifying things they are doing well

Key Terms:

Fringe
Ball Marker
Divot Repair Tool
Ball Mark

Lesson Plan 5

Chipping Green: Corn Hole 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: Using survey tape or string, coaches create targets that look like corn hole boards. Flat hoops can be used as the hole they are trying to chip in. This can be played in a traditional way with players competing against each other, or teams can compete by trying to get the most points. Players receive 1pt for hitting the board & 3pts for getting it in the hoop.

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 do we show sportsmanship while playing the game? What did you change to help

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: Pyramid Driving

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: Coaches create multiple fairways using noodles or other makers that can be easily seen. Create at least 3 fairways 40 yards wide, 30 yards wide, & 20 yards wide, creating a pyramid shape with the noodles. Players should begin by hitting the largest fairway first and work their way towards hitting the smallest one. Coaches can add smaller or larger fairways based on the skill level of their participants.

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:

How can we improve our confidence in anything? Are we successful the first time in everything we do? Why are failures OK and how can they help us grow our confidence? Did you try anything new today? What are some new things you can try at home? At school? When something is hard, how can you stay positive? What are some things you did well today? At home? At school?

**Good
Better
How**

Good #1:

Good #2:

Good #3:

Better:

How: