

Lesson Plan 6 • Using Good Judgment and Making Smart Decisions

Lesson Intentions:

Demonstrate how Get Ready to Swing-stance can be different depending on the length of swing (i.e. full swing vs chip vs pitch)

Explore Distance Response in chipping, pitching and full swing through different lengths of swings.

Explore Using Good Judgment by choosing to avoid penalty areas in golf.

Warm Up:

Crabwalks - 15 yards

Jump-and-Turn - varying distances: 1/4, 1/2, 3/4, full turns

Short Sprint - 30 yards

Balance Walk - heel-to-toe

Guiding Question: How did you have to adjust to do different jump turns? What choices did you have to make and how did they turn out for you? Who was responsible for your choice?

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: Lag Box Putting

Modeling: Golf Skill: Putting; Get Ready to Swing (deciding on a length of swing for each putt); Y-Putt-Y

Activity: Coaches set up putts with different distances that vary from 10-40 feet. This can be set up as a course or as stations for each putt. Participants explore swing lengths, tempo, & energy for each distance. Boxes can be created with string, survey tape, or simply use flat hoops. They should be set up to allow for uphill and downhill putts.

Golf Knowledge Objective: Players must figure out how fast to swing or length of motion that works best for them to get the ball close to the hole. Every person's stroke may look a little different.



Rules & Etiquette: A ball is considered in a penalty area if any part of the ball touches or lies within the edge of the penalty area; A ball is considered lost if it is not found within 3 minutes; A ball is OB if all of the ball lies within the edge of OB; Penalty for lost ball or OB is Stroke-and-Distance.

Guiding Questions: How did you figure out what stroke to make to get the ball to the hole? What things did you take into account to make your decision?



Lead Coach:

Lesson Length: 90 minutes

Key Commitment: Using Good Judgment
Golf Fundamental/Factor of Influence:

Distance Response/Size of Motion

Character Behaviors:

Participants are gaining an understanding and appreciation for the Rules of Golf and etiquette of the game related to scoring.

Participants can use this understanding and appreciation to make informed decisions to avoid hitting their ball into penalty areas or OB.

Participants understand and demonstrate that they can make decisions about which type of club to use on different areas of the course or how big of a swing they need to make for different shot types.

Participants practice using good judgment on and off the golf course.

Key Terms:

Out-of-Bounds (OB)
Penalty Area
Lost Ball

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Chipping Green: Landing Spots

Modeling: Golf Skill: Chipping; Get Ready to Swing (demonstrate narrowing stance and choking down on the club to vary distances); Y-Chip-Y

Activity: Coaches set up a variety of targets with large hoops, string, survey tape, or other targets that are large enough to hit. Participants are introduced to carry distance and how to find and hit a landing spot. This should include exploring different clubs & swing lengths. Coaches can create point values based on the size of the target and/or how far the landing spot is.

Golf Knowledge Objective: Players should use the same club to explore and choose length of swing for different distances.

Guiding Questions: What did you do to create different distances? Do you take a practice stroke in between? Why or why not? How does changing your stance width or hold position on club (grip down) affect your distance?

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Driving Range: Tee it High Let it Fly

Modeling: Golf Skill: Full-Swing; Get Ready to Swing (what kind of stance do you take depending on the distance you want to hit the ball; length of motion); L-Hit-L, L-Pitch-L

Activity: Participants learn how the driver differs from other clubs in their bag and how to maximize their distance. This includes swing length, solid contact, swing speed, balance, etc. If possible, coaches set up markers that allow participants to see how far they hit each drive.

Golf Knowledge Objective: Recognize that players must make choices like what clubs to hit when playing to avoid penalty areas. For example, sometimes you might have to take an iron for a layup shot when hitting a wood or hybrid might result in a lost ball or a ball landing in a penalty area.

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Guiding Questions: When you think about pitching different distances or hitting full swings, what are things you do differently? If your ball is not going in the air, what can you do to change that? How do you use good judgment when determining how big of a swing to make?

Wrap Up:

What choices did you make in the warm up and how did that change what you did? How do you change distances in putting, chipping, pitching and full swings? If you decided on a landing zone for your shot, how did that change your focus on distance and length of swing? How do you determine the length of swing to take? Do you picture the ball flying? "Go with your gut"? Swing and hope it works out? How might a penalty area on a hole change your strategy? When you make a decision, how do you use good judgment to consider the consequences? How do you do this at home or school? What are some of the penalty areas on the golf course and how do you play them if your ball lands in them?

**Good
Better
How**

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

Better:

How: