

Birdie Yardage Book (pp. 4-21)

Duration (mins): 60 # of Coaches/Volunteers: 1 # Participants: 6 PLAYER-to-Coach ratio: 6:1 Age Range: 7-14 Skill Level: 1Beginner # of Stations/# of Holes: 1 Station Equipment/supplies needed: Putter, Balls, Duct Tape Strips, Swim Noodles,

Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:

- Safety – Review and emphasize; connect to Healthy Habit:*

- How do you...[Click here to write open-ended questions to guide PLAYers' experience?](#)
- What happens when... [Click here to write open-ended](#)

- Good-Better-How Feedback (at least 3 Goods and 1 Better/How)**

Good: *After delivery of Core Lesson, identify Goods with coaches/volunteers.*

Better: *After delivery of Core Lesson, is there anything that you/coaches/volunteers identify that could be Better.*

How: *If a Better is identified, describe How you would make a change to this lesson.*

WARM-UP (Identify number of stations, equipment needed, rotation, etc.)

TIME: [Click here to select or type in time allotted.](#) **LOCATION(s):** [Identify where Warm-ups will take place.](#)

Physically engage PLAYers in a fitness circuit (Recommend one activity from each Category) :

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Choose activity.	Choose activity.	Choose activity.	Choose activity.	Choose activity.
Quantity	Quantity	Quantity	Quantity	Quantity

Station Rotation/Circuit

Briefly describe how participants will move through rotation or circuit.

LIFE SKILL EXPERIENCE (List bullet points for time allotted, lesson flow, and location)

TIME (MINS.): [Click here to enter time.](#)

DIAGRAM: (Draw stations for set-up with safety zones. If needed, attach diagram on separate sheet.)

Wrap-up

Ask players questions to review what they learned and how they can apply what they learned to school, home, etc.

1. *What did you experience today about ...?* [Click here to enter text.](#)
2. *What did you LEARN about ...?* [Click here to enter text.](#)
3. *How can what you learned today be used in school, at home and in other areas of your life off the golf course?*
[Click here to enter text.](#)