

PLAYer Core Lesson – #2 - COURTESY Toward Others

PLAYer Yardage Book (pp. Enter page number(s) from YB)

Coach Name: Lundy The First Tee of: Indiana Facility: Riverside Academy Date: 11/18/2017

Duration (mins): 60 minutes # of Coaches/Volunteers: Enter number. # Participants: Enter number.

PLAYer-to-Coach ratio: Enter ratio. Age Range: Enter age range. Skill Level: Select or enter skill level. # of Stations/# of Holes: Enter # of Stations or Holes to be played. Equipment/supplies needed: Enter supplies needed for lesson/stations.

Warm-up

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

- PLAYers will meet and greet each other during the warmup and try to remember name of each other

Safety – Review and emphasize; connect to Healthy Habit:

- Play will be our healthy habit as we try to play games and move

Life Skills Experience—The Nine Core Values

PLAY – Games/Activities PLAYers will experience to introduce to lesson

Target Phase Challenge: Emoji Battle.

LEARN – Behaviors reflective of The First Tee Code of Conduct and Nine Core Values

Life Skills – Nine Core Value Observable Behaviors

- Taking turns with our partners
- Being encouraging and talking nicely whether we hit a good shot or bad shot.

Golf Skill Category

- Putt
- Chip
- Pitch
- Full-swing

Golf Fundamental

- Distance-response
- Target Awareness
- Get Ready to Swing

Factors of Influence

- Size or length of motion Club selection Variable amount of energy...
- Target selection Distance to the target Reaction to the target
- Hold Set-up Aim & Alignment

Healthy Habits – Physical:

- Energy Play Safety

APPRECIATE – Expose PLAYers to areas of the course, terminology, etiquette and Rules of Golf

Game of Golf:

Target Phase Challenge will allow to pick a target, move the ball toward that target and learn L-Pitch-L

Etiquette:

Stand Still, Be quiet, Don't stand directly behind someone when they're playing, round begins and end with a handshake.

Rules of Golf:

Stroke Play, Match Play and Equipment

YOUR GAME – Ask PLAYers about their experiences that will help them on and off the course

Guiding Questions: Ask questions to connect activities and lesson objectives

- How do you...? How do you pick a target? How do you make adjustments to make the ball go to the target?
- What happens when...? What happens when you change where the clubface aims?
- What would happen if...? What can you do to hit the target?

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 Core Lesson.

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

TIME: 10 mins. **LOCATION(s):** Heated Bays

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

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Frog Jumps Target	Knee to Opposite Elbow	Locomotor 1-Skip	Dynamic Stunts	Throw to Stationary
Quantity	Quantity	Quantity	Quantity	Quantity

Station Rotation/Circuit

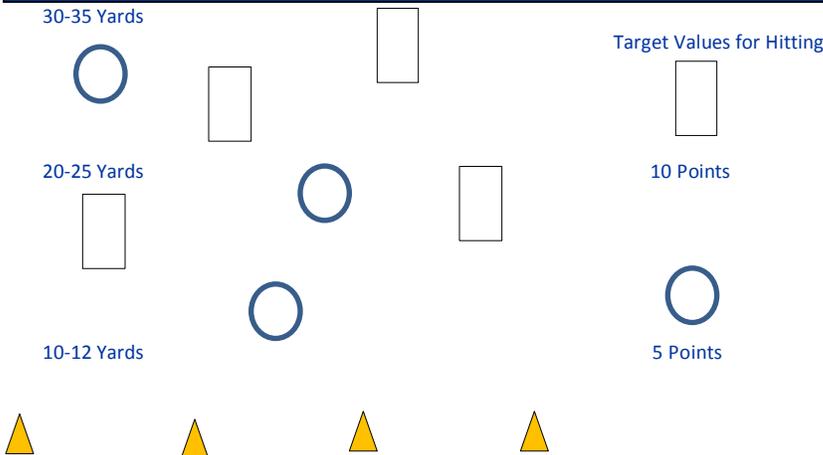
Briefly describe how participants will move through rotation or circuit.

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

TIME (MINS.): 40 Minutes

TARGET CHALLENGE – PITCH SWING / FULL SWING– L PITCH L. HIT 2 BALLS AT SPECIFIC TARGET IN ORDER. START WITH A HIGH LOFTED CLUB. 2 BALLS AT ANY TARGET SCORING IS HULA HOOP TARGET IS 5 POINTS EMOJI TARGET IS 10 POINTS. IF THE BALL GETS IN THE AIR THEY GET A POINT. IF THE BALL TOUCHES THE TARGET THEY GET 2 POINTS. DO THE TARGETS IN ORDER 1-7. ADD UP TOTAL AT THE END FOR A STROKE PLAY SCORE. IF TIME ALLOWS PLAY THE GAME AGAIN THIS TIME PICKING TARGET BEFORE THEIR TURN. PLAYER 1 GOES THEN PLAYER 2 GOES WITH THE ONE GETTING THE HIGHER POINTS WINS THAT ROUND. THERE WILL BE SEVEN ROUNDS. THE SECOND ROUND WILL BE MATCH PLAY. AFTER EACH GAME THE PLAYERS WILL SHAKE HANDS.

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



Safe Zone

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 ...? What did you experience today about courtesy, about target awareness, about play
2. What did you LEARN about ...? What did you learn about courtesy, target awareness and play
3. How can what you learned today be used in school, at home and in other areas of your life off the golf course?
How can you take what you learned to school, home and other parts of your life?