

## PLAYer Core Lesson – #3 - RESPONSIBILITY for the Course

PLAYer Yardage Book (pp. 12-15)

Coach Name: Lundy The First Tee of: Indiana Facility: Riverside Academy Date: 11/21/2017

Duration (mins): 60 Minutes # of Coaches/Volunteers: 2 # Participants: 10

PLAYer-to-Coach ratio: 5:1 Age Range: 8-13 Skill Level: Beginner # of Stations/# of Holes: 1 Equipment/supplies needed: Cones, Putters, Balls, Hula Hoops,

### Warm-up

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

- PLAYers will engage in helping others as progress through 3 holes on the putting green.

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

- Energy and the amount of energy you use per day and how to you get your energy back. Who's responsible for that?

### Life Skills Experience—The Nine Core Values

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

1,2,3, Putting Challenge

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

#### Life Skills – Nine Core Value Observable Behaviors

1. Being responsible where to stand and how to act when it's not your turn.
2. 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:

Keeping an accurate score as they progress around to each hole trying their best to accomplish the task.

#### Etiquette:

Stand Still, Be quiet, Don't stand directly behind someone when they're playing, watch where you walk, help each other keep score

#### Rules of Golf:

Teeing Ground Rule and Consideration of other Players. . Out of Bound rule.

**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...? [Click here to write open-ended questions to guide PLAYers' experience.](#)
- What happens when...? [Click here to write open-ended questions to help PLAYers self-reflect on experience.](#)
- What would happen if...? [Click here to write open-ended questions to help PLAYers do something different, if needed.](#)

### 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 Minutes **LOCATION(s):** Near Green

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

<b>Strength</b>	<b>Flexibility/Mobility</b>	<b>Agility/Coordination</b>	<b>Balance</b>	<b>Object Control</b>
Lunges 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)

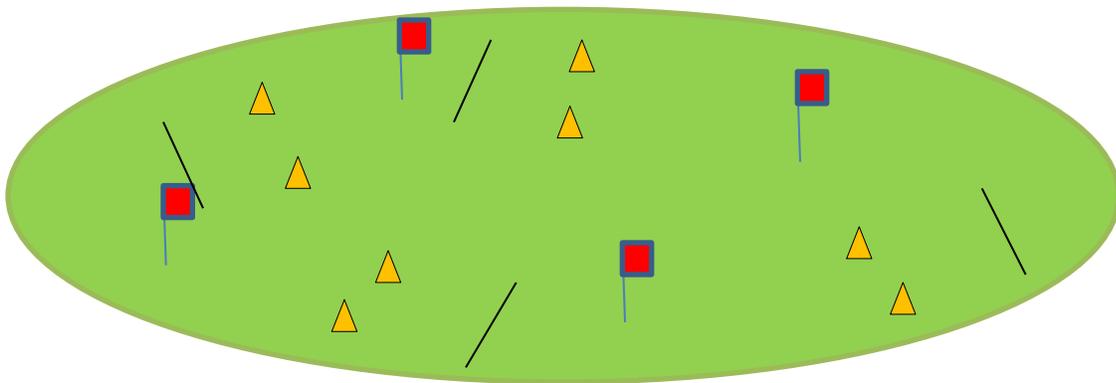
**TIME (MINS.):** 40 Minutes

1,2,3 PUTTING 3 OR 4 HOLES WILL BE SET UP ON THE PUTTING GREEN.

- 1<sup>ST</sup> TIME AROUND TRYING TO MAKE ONLY 1 PUTTS – KEEP TRACK OF THE NUMBER
- 2<sup>ND</sup> TIME AROUND TRYING TO MAKE 2 PUTTS – KEEP TRACK OF THE NUMBER OUT OF 4
- 3<sup>RD</sup> TIME AROUND TRYING TO MAKE LESS THAN 3 PUTTS – KEEP TRACK OF THE NUMBER OUT OF 4
- 4<sup>TH</sup> TIME AROUND IF YOU 4 PUTT A HOLE YOU START OVER AT NUMBER 1

IN THE 4<sup>TH</sup> GAME THE OBJECT IS TO GET ALL 3 OR 4 HOLES DONE WITHOUT 4 PUTTING

**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 ...?* What did learn about playing the game. What do you have to do.
2. *What did you LEARN about ...?* What did you learn about responsibility?
3. *How can what you learned today be used in school, at home and in other areas of your life off the golf course?*  
What can you do at home and school to help you be more responsible.