

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: 1/30/2018

Duration (mins): 60 minutes # of Coaches/Volunteers: 4 # Participants: 18

PLAYer-to-Coach ratio: 5:1 Age Range: 7-14 Skill Level: Beginner # of Stations/# of Holes: 2 Equipment/supplies needed: Putting green, Swing Cage, Match Game Cards, Duct Tape Strips, cones, golf balls.

Warm-up

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

Want to learn responsibility of taking care of the course through activities of 3 hole putting and full swing match game.

Safety – Review and emphasize; connect to Healthy Habit:

Energy is our healthy habit and its important to make healthy choices to give us the best opportunity to perform at our best

Life Skills Experience—The Nine Core Values

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

3 hole putting challenge and full swing match game will be our activities to learn responsibility for the course.

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

Life Skills – Nine Core Value Observable Behaviors

Want to see players gain understanding of the parts of the course, and keep the course nice for the next person and follow the rules that happen mostly while playing the course.

[Click here to enter observable behaviors of Core Value..](#)

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:

Learning parts of the Golf course how using get ready to play will aid them out on the golf course. **All about Playing the Game**

Etiquette:

Players responsibility to be aware of surroundings on the course, order of play, where to stand, taking care of the course, playing by the rules, having all your equipment ready to go before you start. Pace of play.

Rules of Golf:

Out of Bounds, Water Hazards, Penalty Strokes, Teeing Ground, Marking the ball, Rule Book – Definitions

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...? Know who goes first, How do you know you are ready to play? How do you know who is responsible for the care of the course.
- What happens when...? You hit your ball out of bounds, into a water hazard, in someone way? You see trash on the course?
- What would happen if...? There were no rules? Someone hit out of turn? You are waiting for the group in front of you?

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: 5 minutes **LOCATION(s):** near hitting area

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

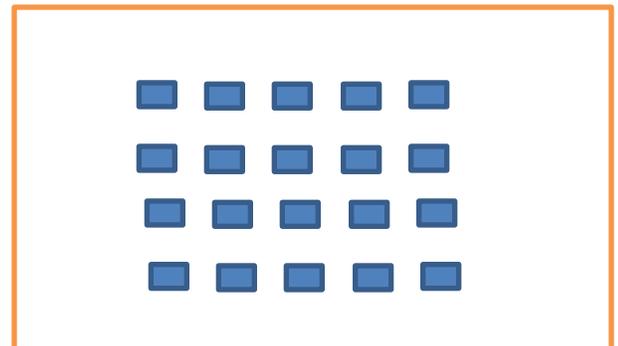
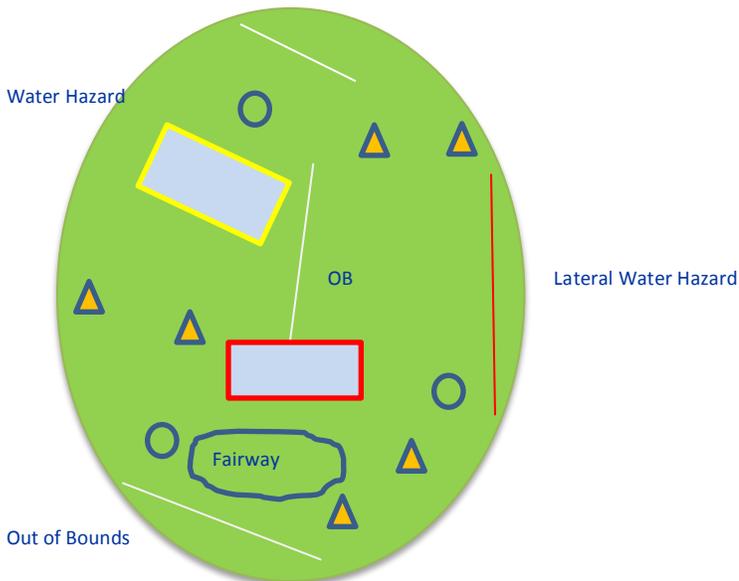
STATION #1 ON THE PUTTING GREEN SET UP 3 HOLES OUTLINED WITH DUCT TAPE STRIPS IN DIFFERENT COLORS. THE COLORS REPRESENT PARTS OF THE COURSE.

- GREEN TAPES = FAIRWAY, ROUGH, PUTTING GREEN
- WHITE TAPE = OUT OF BOUNDS
- BLUE TAPES = WATER HAZARDS
- YELLOW TAPES= REGULAR WATER HAZARDS
- RED TAPES= LATERAL WATER HAZARDS

THE GREEN CONES WILL BE TEE MARKERS. EACH PLAYER WILL PLAY 3 HOLES KEEPING TRACK OF THEIR SCORE AND ADDING ANY PENALTY STROKES TO THEIR SCORE BASED ON WHERE THEY HIT THEIR BALL. WANT TO ALSO EMPHASIZE PACE OF PLAY, MARKING THEIR BALL, GOING IN THE RIGHT ORDER. GETTING READY TO PLAY WILL COME INTO PLAY WHEN THEY HAVE TO AIM, SET UP AND WORK ON THEIR HOLD.

STATION #2 IN THE INDOOR HITTING GOLF COURSE MATCH GAME. WITH THE TARGETS HANGING ON THE NET MAKE A FULL SWING WITH CLUB OF CHOICE. ONCE YOU HIT A TARGET YOU WANT TO HIT THE MATCH THAT IS ALSO HANGING ON THE NET. ONCE YOU HIT THE MATCH THEN TELL YOUR COACH WHICH ONE YOU HIT AND GIVE THEM A DESCRIPTION OF WHAT YOU HIT. FOR EXAMPLE PUTTING GREEN = PART OF THE COURSE THAT IS THE END OF EVERY HOLE AND THAT WE ROLL THE BALL ON. HELP EXPLAIN WHAT PARTS OF THE COURSE ARE IF THE STUDENT IS HAVING TROUBLE. IF THEY STRUGGLE HITTING THE SAME MATCHING TARGET REINFORCE THE GET READY TO PLAY PARTS OR HOLD, SETUP, AIM AND ALIGNMENT.

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



Targets of Various colors and all have parts of the course on them Hit a target then go for the match to it. How many matches can you get before the end of the game.

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 ...?* Getting Ready to Play, Responsibility and Energy
2. *What did you LEARN about ...?* Golf course terms and proper way to 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 use the skills you learned today at school or home?