

PLAYer Core Lesson– #4 - The HONESTY of PLAYers

#5 Modeling Sportsmanship

PLAYer Yardage Book (pp. 16-27)

Coach Name: Lundy The First Tee of: Indiana Facility: Riverside Academy Date: 11/27/2017

Duration (mins): 60 minutes # of Coaches/Volunteers: 1 # Participants: 5

PLAYer-to-Coach ratio: 5:1 Age Range: 8-13 Skill Level: Intermediate # of Stations/# of Holes: 1 Equipment/supplies needed: Cones, Tic, Tac Toe Grid, Balls, Clubs

Warm-up

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

- PLAYers will learn to keep honest score and model sportsmanship during tic, tac, toe games. Shaking hands

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

We'll Play Tic, Tac, Toe displaying sportsmanship and honesty

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

Life Skills – Nine Core Value Observable Behaviors

- Keeping and accurate score of getting 3 in a row.
- 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:

Controlling the distance and height of our shots using different swing lengths while playing Tic, Tac Toe

Etiquette:

Spirit of the Game, How do we model sportsmanship when we win or lose.

Rules of Golf:

Spirit of the game, Responsibility of the players, Playing the Ball.

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...? Make the ball go different heights? How do you control how far the ball goes?
- What happens when...? You increase the length of swing, Small swing, medium swing, big swing
- What would happen if...? If we made a small swing, medium swing, and a big swing.

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: 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
Frog Jumps	Jump & Turn	Spot Jump/Hop	Standing Stunts	Throw to Stationary
Target				
2	1	1	1	1

Station Rotation/Circuit 5 times through the line or a tic, tac toe is accomplished.

Starting with a frog leap toward grid, then a jump turn and then a spot hop landing on one foot to throw a ball thru the grid trying to get tic, tac, toe 3 in a row.

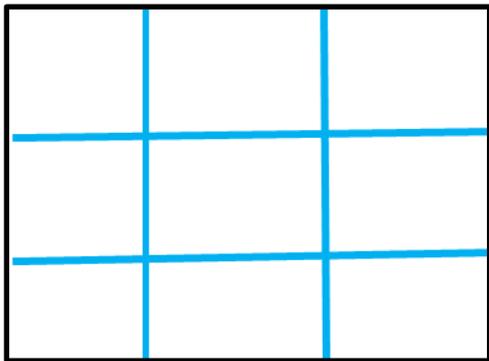
LIFE SKILL EXPERIENCE (List bullet points for time allotted, lesson flow, and location)

TIME (MINS.): 40 Minutes

TIC, TAC, TOE CHIPPING AND PITCHING

- TWO TEAMS TO COMPLETE THE TIC, TAC, TOE THREE IN A ROW.
- CHIPPING USING Y-CHIP- Y SETUP AND THEN WORKING ON HOW TO MAKE THE PROPER CHIP SWING MOTION (CLUBHEAD STAYS BELOW HANDS, ELBOWS BEND AS BODY ROTATES,)
- BALL WILL GO DIFFERENT HEIGHTS BASED ON SIZE OF SWING MOTION
- PITCHING SWING WOULD USE L PITCH L WITH USING A SMALL SWING, MEDIUM SWING AND BIG SWING MOTION TO MOVE BALL TO DIFFERENT HEIGHTS

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



Safety Zones Cones are 10 feet apart and Partitions are dividing hitting stalls.

Tic Tac Toe Grid is 15 -20 Yards away from hitting stations

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 ...? Honesty and Sportsmanship. What was fun about the activities you learned today
2. What did you LEARN about ...? Size and Length of Swing, What swings did we use today?
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 do better at school being honest? How can you model better sportsmanship at school and at home? Do you need to let others win sometime. Should you try to win every game? How should you act when you win? When you lose?