

PLAYer Core Lesson – #6 - Developing CONFIDENCE

PLAYer Yardage Book (pp. 24-27)

Coach Name: Lundy The First Tee of: Indiana Facility: Riverside Academy Date: 12/2/2017

Duration (mins): 60 minutes # of Coaches/Volunteers: 3 # Participants: 10

PLAYer-to-Coach ratio: 3:1 Age Range: 8-13 Skill Level: Beginner # of Stations/# of Holes: 1 Equipment/supplies needed: Emoji Signs, Cones, Balls, Tees, Scorecards, PVC Holder Poles, Hula Hoops

Warm-up

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

Having a positive attitude by noticing something they are doing well and having a positive attitude no matter the outcome playing. To build their confidence.

Safety – Review and emphasize; connect to Healthy Habit:

Friends and how having a positive attitude can help build your relationship. What's it to be a friend? All about being confident your friend would be there for you.

Life Skills Experience—The Nine Core Values

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

Target Practice playing 3 holes hitting 4 different clubs on each hole trying to knock ball through the emoji sign.

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

Life Skills – Nine Core Value Observable Behaviors

Developing a confident swing by starting each shot from behind the ball

Finding the positive in each shot no matter the outcome

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:

Picking a target and going through the process to make the ball go there. Have a good confident plan before each shot.

Etiquette:

How we react to each shot. Encouraging others to do their best.

Rules of Golf:

Out of Bounds, playing by the ball off a tee, Watching the ball come to rest.

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. Is the target always close to you?
- What happens when...? What happens if you can't see the target? What happens when the ball doesn't go at the target?
- What would happen if...? What can you do different to help your shots? Is it a good idea to ask for advice?

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
Choose activity.	Arm Circles	Choose activity.	Standing Stunts	Pass
Quantity	Quantity	Quantity	Quantity	Quantity

Station Rotation/Circuit

Passing the Ball Over, Under, Side to Side, Tossing Motion with the ball to partner.

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

TIME (MINS.): 40 Minutes

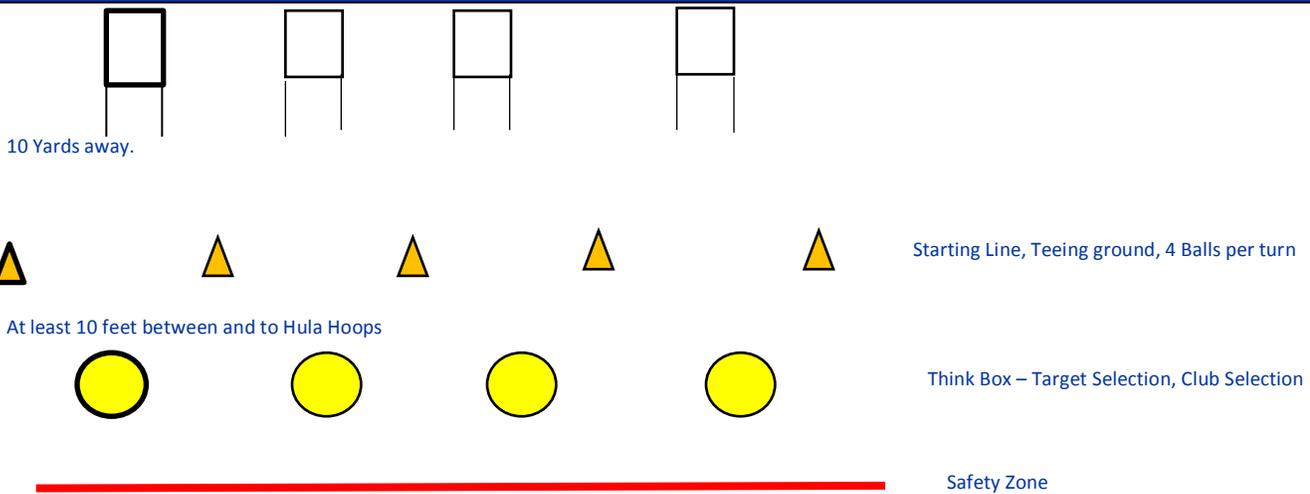
TARGET PRACTICE – USING PRE SHOT ROUTINE TO BECOME MENTALLY AND EMOTIONALLY PREPARED TO HIT THE SHOT THROUGH THE EMOJI USING THE LONG CLUBS IN THE BAG.

- 1ST SHOT WITH DRIVER
- 2ND SHOT WITH FAIRWAY WOOD
- 3RD SHOT WITH MID IRON
- 4TH SHOT WITH SHORT IRON

GOING TO GO THROUGH THE BAG LIKE PLAYING A ROUND OF GOLF SO GOING THROUGH A ROUTINE WILL BECOME MORE OF A HABIT.

THIS WILL BE ONE HOLE AT A TIME, WE WILL BE PLAYING 3 HOLES.

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 ...? Confidence, Friends, Target Selection
2. What did you LEARN about ...? Confidence, Friends and Target Selection.
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 display confidence in school and at home? Studying for a test?