

PLAYer Core Lesson – #7 - Using Good JUDGMENT

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

Coach Name: Lundy The First Tee of: Indiana Facility: Riverside Academy Date: 12/5/2017

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: Enter supplies needed for lesson/stations.

Warm-up

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

[Click here to briefly describe how you will mentally and socially engage PLAYers to understand Core Lesson Objectives](#)

Safety – Review and emphasize; connect to Healthy Habit:

Energy and Safety as it pertains to Using good judgment.

Life Skills Experience—The Nine Core Values

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

Simon says golf as it pertains to Getting Ready to Play.

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

Life Skills – Nine Core Value Observable Behaviors

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

[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:

Briefly describe what aspect of the game to share during core lesson.

Etiquette:

Briefly describe etiquette shared during core lesson.

Rules of Golf:

Identify Rule shared during core lesson.

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: [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.	Choose activity.	Choose activity.	Choose activity.	Choose activity.
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.): [Click here to enter text.](#)

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 ...? [Click here to enter text.](#)*
2. *What did you LEARN about ...? [Click here to enter text.](#)*
3. *How can what you learned today be used in school, at home and in other areas of your life off the golf course? [Click here to enter text.](#)*