

PLAYer Core Lesson – #2 - COURTESY Toward Others

PLAYer Yardage Book (pp. 8-11)

Coach Name: Keith Vandeventer The First Tee of: Indiana Facility: Rocky Ford Par 3 Date: 6/12/2017

Duration (mins): 60 minutes # of Coaches/Volunteers: 5-6 # Participants: 25

PLAYer-to-Coach ratio: 5:1 Age Range: 8-14 Skill Level: Beginner # of Stations/# of Holes: 2 Equipment/supplies needed: Snag Equipment, Golf Balls, Swim Noodles, Hula Hoops, Tennis Balls, marking tape, Putter, Cones, Alignment sticks, pencils and Scorecards

Warm-up

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

A round of golf begins and ends with a handshake between players in the group. Important to stand still and be quiet while others play their shot.

Safety – Review and emphasize; connect to Healthy Habit:

It's important to be safe and aware of your surroundings. Be still and quiet not to disrupt others.

Life Skills Experience—The Nine Core Values

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

Putting on the green and Full Swings on the golf course using launch pads and alignment sticks to pick targets on the green.

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

Life Skills – Nine Core Value Observable Behaviors

Looking for players to shake hands, be in the safe zones, look around before they swing to make sure everyone is safe, stand still and be quiet while others are playing,

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

Golf Skill Category

- Putt
- Chip
- Pitch
- Full-swing

Healthy Habits – Physical:

- Energy
- Play
- Safety

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

APPRECIATE – Expose PLAYers to areas of the course, terminology, etiquette and Rules of Golf

Game of Golf:

Using 4 holes on the putting green to teach where to start a hole and identifying the target(hole) by pointing alignment stick at it.

Etiquette:

Shaking hands before the round, where to stand while others are playing, being quiet while others are playing, and order of play.

Rules of Golf:

Teeing Ground – Definition. Rule 11-1 Where to start each hole and consequences when that doesn't happen.

Rule 11-2 Tee Markers

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...? Pick a target in golf? How do you know who goes first on a hole?
- What happens when...? it another players turn? What happens when you play out of turn?
- What would happen if...? You were standing in the wrong place when someone is hitting? What would happen if you started a hole in front of the tee markers? What would happen if you never pick a target? "You never get to where your going if you don't know where your going"

Good: Players stayed involved during the whole lesson, We had good flow to our setup of the lesson so it went smoothly and we talked about safety multiple times.

Better: We could have talked about holding our golf swing finish and follow through longer.

How: Make sure we cover the Circle Away, Swoosh, Circle High and Hold finish better. Allow more time for the wrap up.

Keith Vandeventer

WARM-UP (Identify number of stations, equipment needed, rotation, etc.)

TIME: 10 mins. **LOCATION(s):** Open space behind clubhouse

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

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Lunges	Toe Touches	Spot Jump/Hop	Balance Beam	Catch Stationary
Quantity	Quantity	Quantity	Quantity	Quantity

Station Rotation/Circuit

Players will move from station to station do the activity for 1 minute and move to next activity for 1 minute

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

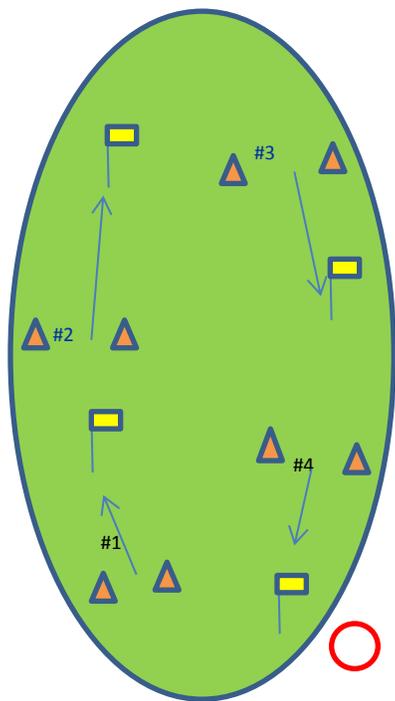
TIME (MINS.): 40 Minutes – 2 stations of activities each for 20 minutes

STATION #1 PUTTING GREEN – 4 HOLES OF VARIOUS LENGTHS ARE SET UP ON THE PUTTING GREEN. CONES DESIGNATE THE TEEING GROUND WHERE PLAYERS WILL START EACH HOLE. VOLUNTEERS WILL HAVE SCORECARDS AND PENCILS AVAILABLE TO HELP PLAYERS START LEARNING TO KEEP TRACK OF THEIR SCORE PER HOLE. EMPHASIS ON STARTING EVEN OR BEHIND THE CONES ON EACH HOLE. WILL ALSO WORK ON WHERE THEY SHOULD STAND AND WHAT IS GOING ON AROUND THEM ON THE GREEN.

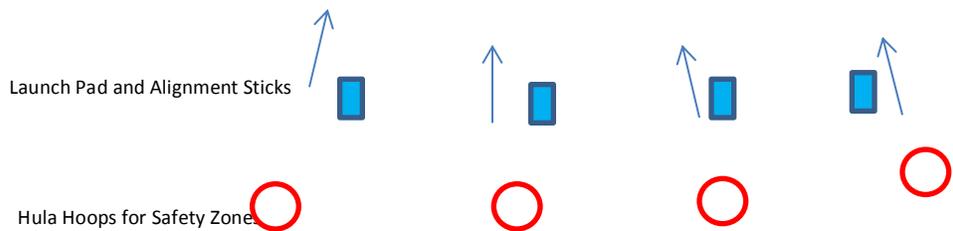
STATION #2 GOLF COURSE HOLES. WE’LL USE 2 SEPARATE LOCATIONS TO GIVE THE PLAYERS MORE TURNS. THIS HOLE WILL BE SET UP USING THE SNAG GOLF EQUIPMENT. WE’LL USE HULA HOOPS SO THAT PLAYERS WILL KNOW WHERE TO STAND WHILE OTHERS ARE PLAYING (SAFETY ZONES). USING THE ALIGNMENT STICKS AND ARROWS ON THE LAUNCH PADS THE PLAYERS WE WILL POINT THESE AT THEIR INTENDED TARGETS. WE WILL WANT TO TRY TO HAVE THEM HAVE A BALANCED FINISH WHEN DONE SWINGING.

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

Putting Green : Need Putters, Golf Balls, Cones, Hula Hoops
Pencils and Scorecards



Station #2 Using SNAG Equipment



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 You experience today about Courtesy, Target Selection and Safety
2. What did you LEARN about ...? What did you learn about the rules of golf and etiquette?
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 or school to display what you learned today here?