



### 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 lesson.*

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

**TIME:** 5 mins. **LOCATION(s):** Near Putting Green

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

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Lunges	Arm Circles	Spot Jump/Hop	Standing Stunts	Catch Stationary
Quantity	Quantity	Quantity	Quantity	Quantity

**Station Rotation/Circuit**

Everyone will stand in a big circle and roll a die to see how many reps to complete

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

**TIME (MINS.):** 45 Minutes

**PUTTING GREEN: GAME OF 21 PUTTING** – 2 PLAYERS WITH PUTTERS WILL START EACH GAME BEHIND TEEING GROUND AND PUTT INTO SECTIONS THAT ARE LINED UP ACROSS THE PUTTING GREEN. SWIM NOODLE SEPARATE SO YOU CAN HAVE STATIONS ON BOTH SIDES. EACH PLAYER PUTTS ONE BALL AND ADD POINTS TRYING TO GET TO 21 POINTS. POINTS ARE AWARDED

- TEEING GROUND TO FIRST LINE IS 1 POINT
- FIRST LINE TO SECOND LINE IS 3 POINTS
- SECOND LINE TO THIRD LINE IS 5 POINTS
- THIRD LINE TO SWIM NOODLE IS 10 POINTS

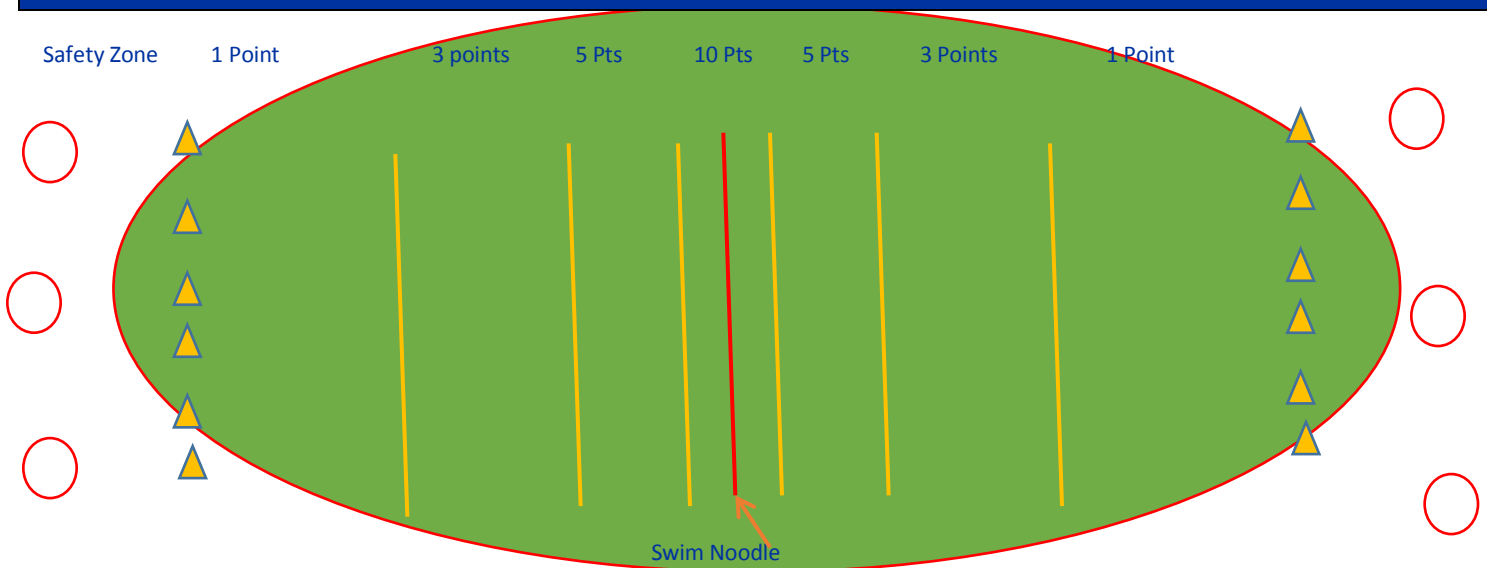
GAME ENDS WHEN ONE OF THE PLAYERS OR TEAMS GET TO 21. IF YOU GO OVER 21 YOU HAVE TO GO BACK TO 10 OR 15. UP TO YOU OR PLAYERS TO DECIDE.

CAN CHANGE THE RULES OF THE GAME TO MAKE CONTACT WITH SWIM NOODLE A NEGATIVE 10 POINTS ( WITH THIS VERSION YOU SHOULD NEVER HAVE A VALUE LESS THAN ZERO (NO NEGATIVE NUMBERS)).

CAN CHANGE THE RULES TO SAY YOU CAN ONLY SCORE THE POINT VALUE THAT YOU CALL BEFORE YOU PLAY. SO IF YOU CALL 10 POINTS YOU CAN ONLY SCORE 10 POINTS WITH A BALL IN THAT AREA.

THE CHANGES IN THE GAME ARE UP TO THE PLAYERS. I ONLY OFFER SUGGESTIONS BUT THEY HAVE FINAL SAY ON WHAT RULES WILL BE PLAYED FOR THAT GAME.

**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.](#)