

Par Core Lesson – #11 - Respecting the Rules

Par Yardage Book (pp. 10-15)

Coach Name: **R. Lundy** The First Tee of: **Indiana** Facility: **Riverside Academy** Date: **1/23/2018**

Duration (mins): **60 minutes** # of Coaches/Volunteers: **3** # Participants: **12** PLAYER-to-Coach ratio: **4:1** Age Range: **9-14** Skill Level: **Beginner** # of Stations/# of Holes: **1** Equipment/supplies needed: **Tic Tac Toe PVC Board , Balls, Clubs,**

Warm-up

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

- How to follow the rules of the games that we play. Not finding ways to win by manipulating the rules in your favor. Play to have fun first.

Safety – Review and emphasize; connect to Healthy Habit:

- Play is the healthy habit. Do we have more fun practicing or playing? Do you want to play by yourself or with others?

Life Skills Experience

For each component of the Life Skills Experience, identify what

- Respecting the Rules is a universal topic throughout life. We have rules or laws that we should adhere to. They're put in place for our protection and hopeful create a fair playing field.

- Target Awareness/Target Selection is a first step in playing the game. Players learn to focus on a target, make adjustments to the target. Learn to see the target standing behind finding their intended target line.

players will learn in each component

LIFE SKILLS OBJECTIVE

GOLF SKILLS OBJECTIVE

Guiding Questions: *Ask questions to connect activities and lesson objectives*

- How do you...*play by the rules?* How do you know the rules of a game? How do you show Courtesy playing by the rules?
- What happens when... *someone breaks the rules?* How should you handle this situation?
- What would happen if... *someone you were playing with broke a rule?* What would you do?

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
<input type="checkbox"/> Putt	<input type="checkbox"/> Distance-response	<input type="checkbox"/> Size or length of motion <input type="checkbox"/> Club selection <input type="checkbox"/> Variable amount of energy...	Y-Chip Y
✓ Chip	✓ Target Awareness	✓ Target selection <input type="checkbox"/> Distance to target <input type="checkbox"/> Reaction to the target	L-Pitch-L
✓ Pitch	<input type="checkbox"/> Get Ready to Swing	<input type="checkbox"/> Hold <input type="checkbox"/> Set-up <input type="checkbox"/> Aim/alignment	
<input type="checkbox"/> Full-swing	<input type="checkbox"/> Body Balance	<input type="checkbox"/> Balanced finish <input type="checkbox"/> Balanced start <input type="checkbox"/> Balanced during swing	Start every shot from behind to see target line
	<input type="checkbox"/> Clubface and Ball Contact	<input type="checkbox"/> Clubface direction at contact <input type="checkbox"/> Centeredness of hit <input type="checkbox"/> Impact position	
	<input type="checkbox"/> Swing Rhythm	<input type="checkbox"/> Swing tempo <input type="checkbox"/> Swing sequencing	
	<input type="checkbox"/> Routines: <input type="checkbox"/> Preshot	<input type="checkbox"/> Mental and emotional aspects... <input type="checkbox"/> Variable playing conditions...	
	<input type="checkbox"/> Postshot	<input type="checkbox"/> Emotionally neutral response... <input type="checkbox"/> Memory storage of desirable process...	
	<input type="checkbox"/> Ball Flight	<input type="checkbox"/> Trajectory <input type="checkbox"/> Curvature	
	<input type="checkbox"/> On-course Strategies	<input type="checkbox"/> Self-management <input type="checkbox"/> Course management	

Healthy Habit

Etiquette/Rules of Golf

- Healthy Habit—Physical:** Energy Play Safety
- Other Healthy Habit(s):** Family Friends School
- Vision Mind Community

Paying attention to your playing partners and where their ball goes.
 Taking turns
 Storke Play versus Match Pay
 Rule Book has 3 Sections – Etiquette, Definitions & Rules

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
Frog Jumps	Arms: Extend Out & Reach Ups	Locomotor 1-Skip	Standing Stunts	Throw to
Stationary Target				
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.): 45 Minutes

PLAN A IS TO HAVE VERTICAL TIC TAC TOE FRAME UP SET UP SO IT CONFIGURES INTO A TRIANGLE.

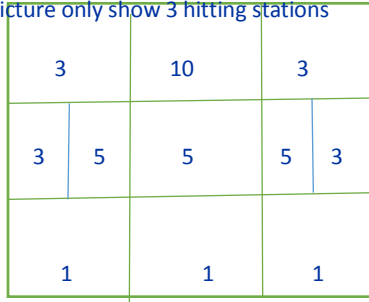
- TO MIDDLE SQUARE AT THE TOP IS WORTH 10 POINTS
- MIDDLE ROW BLUE AREA IS WORTH 5 POINTS
- MIDDLE AND TOP ROW OUTSIDE AREAS ARE WORTH 3 POINTS
- BOTTOM ROW OF SQUARES IS WORTH 1 POINT

GAME IS TO 21 IF YOU GO OVER YOU GO BACK TO 15 POINTS ARE AWARDED FOR EVERY BALL THAT GOES THRU A SQUARE IN THE GRID. SHOULD HELP TO MAKE THE GAME GO QUICKLY EACH PLAYER WILL GET 2 SHOTS PER TURN TAKING THE HIGHER POINT VALUE PER TURN. ANYTHING OUTSIDE THE GRID IS 0 POINTS.

EVERY GAME PLAYED SHOULD START WITH A HANDSHAKE.

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

4 Hitting Stations even though picture only show 3 hitting stations



Distance from cones is 10-20 yards



Safety zone is at least 10 feet behind cones and at least 10 feet apart



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.](#)